OTTAWA metro®

NEWS WORTH SHARING.

Guilty plea in prominent child porn case

Mother of victim wants publication ban lifted PAGE 7

Watch out for sunspots

Dark spots not always harmless, says dermatologist PAGE 15

Uber-illegal?

Taxi union head calls ride-share drivers 'bandits' PAGE 3

NHL proactive on off-ice conduct: Bettman

Commissioner says league's focus is on education PAGE 29

FAIRY VERY, VERY HIGH

Michelle Turner, 18, starts her 20-storey descent down the Morguard building in downtown Ottawa on Monday for the annual Easter Seals Drop Zone fundraiser. For more on the vertigo-inducing charity drive, see page 6. JOE LOFARO/METRO

Maven makes it all the way to Mars

NASA spacecraft has entered orbit around the red planet for an unprecedented study of its atmosphere PAGE 9

3D printing a tasty treat?

Canuck entrepreneurs turn heads with adapter that can print with more than just plastic PAGE 8

Must-see TV Shonday

One network's Thursday night prime time schedule is dominated by doyenne of drama Shonda Rhimes PAGE 11

You just might fall for this pork tenderloin

Get autumnal with a rustic meal that can be done on the grill or in the oven PAGE 16

Stephen Blais under fire for 2010 donations

Allegation. Cumberland Ward challenger cries Elections Act foul over donations to incumbent

A candidate for Cumberland Ward is crying foul over campaign donations given to Stephen Blais in 2010, arguing the incumbent councillor "broke the law" by accepting three donations from three separate, but related business entities.

Marc Belisle says three donations of $750 to Blais from Capital Sports & Entertainment Inc., Capital Sports Management Inc. and Capital Sports Properties Inc. violated election rules in 2010, as the law states that no candidate can accept more than $750 from an individual or corporation.

Although the three are separate companies, all three are listed as Senators Sports and Entertainment entities on CanadianTireCentre.com. Belisle argues they should be considered "associated companies."

"Did Stephen Blais break the municipal Election Act in the 2010 elections? Yes he did, the evidence is all there," alleged Belisle. "I think it's important that people know who they are voting for. I just want people to know about this."

Stephen Blais defended the donations, saying that they came from separate companies. He added that his financial expenses were disclosed publicly following the last election and the claims are nothing more than the "dirty side of politics."

"My financial returns were disclosed publicly, they were audited by a certified accountant, they were submitted for review, there was an appeals period following the election and there was no appeal ever made against them," said Blais. He added that he has endured "constant harassment" from Belisle and his supporters.

"And now, five weeks before the election, a guy who doesn't live in Cumberland Ward is trying to throw mud, because he is not getting any traction in the community because he has never spent any time in the community," Blais said.

The Income Tax Act says corporations are associated with each other if "both of the corporations were controlled, directly or indirectly in any manner whatever, by the same person or group of persons."

Bay Ward councillor Mark Taylor received the same three donations in 2010, but returned two of them after his auditor felt they were too closely related to each other.

"We just wanted to be completely clean on it," Taylor told Metro. TREVOR GREENWAY/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1
SAFE SPACE INCIDENT

Carleton University's Graduate Students' Association and concerned faculty will host a panel at noon in the school's River Building Atrium, in response to the "F*ck Safe Space" incident that saw some frosh week co-ordinators don T-shirts with offensive wording.

2
BURRIS TO MEET WITH KIDS

Ottawa Redblacks' quarterback Henry Burris will meet children from the School of the Ottawa Children's Treatment Centre at 395 Smyth Rd., for a special announcement and a football kicking contest.

3
INCOME GAP GROWING

Canada's income gap is growing between young and old, with older Canadians now earning 64 per cent more after tax than younger workers, up from a 47 per cent gap nearly three decades ago, according to a report by the Conference Board of Canada released Tuesday.

4
'HOW I MET YOUR MOTHER' ON DVD

Still trying to figure out the pineapple mystery or just want to relive all those Barney-isms? The complete ninth and final season of How I Met Your Mother drops on DVD and Blu-ray Tuesday.

5
STEPHEN KING'S WORK ON THE SMALL SCREEN

Stephen King's time-travel novel about the Kennedy assassination is being adapted as a small-screen miniseries. The nine-hour series, titled 11/22/63, includes the author and J.J. Abrams as executive producers.

Uber taxi app must plug in to bylaws, city officials say

Breaking the law?
Taxi union local head calls Uber drivers 'bandit cabs'

Ottawa will welcome alternate ride-sharing service Uber into the city but first, city officials say, the company will have to be licensed.

City officials met with reps from Uber on Monday to talk about the firm's plans to set up in the capital.

Susan Jones, the city's General Manager of Emergency and Protective Services, said Uber would have to comply with municipal bylaws. Uber would have to become a licensed broker just like existing firms such as Blueline and its drivers would all need municipal cab licences.

"If they're hoping to be able to attract an industry and have a so-called open market, that certainly would have to be up for review for city council," she said, adding that the company would be held to the city's safety standards for taxis.

Uber is a ride-share service app based in 200 cities around the world. It allows passengers to call part-time drivers for a ride in their own vehicles. Different chauffeur options include taxis, luxury cars or the lower priced UberX. Fees to customers rise and fall depending on demand.

Uber spokeswoman Lisa Hutniak said the company has heard a "really tremendous response in Ottawa, with residents opening up the Uber app and asking us to come to their city."

Taxi union Local 1688 President Amrik Singh Dhami called Uber drivers "bandit cabs."

"We think it's a totally illegal company," he said. "Our people have to go to Algonquin College for one month and we have to carry a $2-million liability insurance. Uber drivers have nothing." LUCY SCHOLEY/METRO

A woman uses the Uber app on a Samsung smartphone on Sept. 2 in Berlin, Germany. GETTY IMAGES

Spending, travel of public school board officials come under fire

Trustee candidate writes critical blog post. Elected officials had $72,000 in expenses last year

LUCY SCHOLEY
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The Ottawa public school board paid for two local students to stay in a hotel within the city and spent another $71,559 in expenses, including trustee conferences in California and Banff last year.

Ottawa-Carleton District School Board (OCDSB) trustees Lynn Scott, Bronwyn Funiciello and Donna Blackburn racked up a combined $8,390.17 to attend the National School Board Association (NSBA) conference in California in April 2013.

Theresa Kavanagh expensed $2,359.58 for her trip to Banff for the Alberta School Board Association conference (ASBA) in September 2012.

Two student trustees spent a three-night, $859 stay at the Westin Hotel in Ottawa for the Ontario Student Trustees' Association (OSTA) conference in February 2013.

OCDSB director of education Jennifer Adams recently went to Brazil to speak at a conference, but the board says organizers paid for her costs.

These OCDSB trustees are pinching pennies on expenses compared to those with the Toronto District School Board from 2010-11 to 2012-13. One trustee spent $13,727.53 in that period, according to the Toronto Star.

Still, the costs for conferences outside of Canada are unnecessary to the taxpayer, said Patrick Ready, a trustee candidate in the Orleans-Cumberland ward, who wrote a critical blog post on the topic. He said the California and Banff conferences were irrelevant to the work of local trustees.

"Many people that I've spoken with over the years don't even know that local school board trustees take these kinds of trips," he told Metro. "They just assume that the farthest they go is for Ontario meetings in Toronto."

OCDSB executive officer of corporate services Michele Giroux said trustees are allowed to expense $8,500 per year for communications, professional development, supplies or telephone costs.

"We have a clear policy. We have pretty transparent and accountable processes," she said. "We post the stuff to the website. We always have."

The expense fee is separate from the trustees' $10,000 salary and $5,000 in tax-free allowance, which is not a huge annual payment, said OCDSB chair Jennifer McKenzie.

She said sometimes the OCDSB uses the information gleaned from these conferences, but not always.

Kavanagh went to Banff to learn about student fitness and health, while the NSBA conference is one of the largest of its kind.

McKenzie and Giroux said they needed to look into the student hotel fees, but speculated that they could have been hosts at the conference or needed to be there early.

"If a trustee is spending on things that people don't approve of, well then they have their vote at the ballot box to make sure that trustee does not get back in," said McKenzie.

The election for school trustees will be Oct. 27.

Rideau-Vanier candidate Catherine Fortin LeFaivre flips through a row of books at Ottawa's central library. TREVOR GREENWAY/METRO

Books, not booze. Rideau-Vanier candidate makes plea for central library

If Ottawa gets a new central library to replace the beat-up main branch at Metcalfe and Laurier, Catherine Fortin LeFaivre wants it in the ByWard Market.

The candidate for Rideau-Vanier says a new library complete with local ma-and-pa coffee shops and bakeries could do a lot for Ottawa's trendy inner city.

"It wouldn't be just a library, it would be an anchor for a public square where many other things could take place," she said.

"Other cities have great squares and we don't have one in Ottawa."

Part of LeFaivre's platform is to turn the market from a boozy haven for late-night partying into a more inclusive, family-friendly space. She said there is a movement to "take back the market."

"There are just too many bars and restaurants in the market now and that has really changed the dynamic of the market," said LeFaivre.

"Obviously, the more bars you have, the more rowdiness and drinking and crime."

Mayor Jim Watson announced last week at a rally that he supports public-private partnership for a new central library.

While he didn't offer up possible locations, he did say through his campaign team that a new central library should be close to the city's light rail transit line, "to ensure as many residents as possible can enjoy a truly regional facility."

TREVOR GREENWAY/METRO

Showing its years

An architectural study released earlier this year estimated that it would cost about $70 million to renovate the library's current 40-year-old digs.

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Bucking the trend. Ottawa-Gatineau police rank high in efficiency, report shows

While most Canadian cities are beefing up police services despite a "dramatic" drop in crime, the Ottawa-Gatineau region is bucking that trend, according to a report.

Between 2001 and 2012, the number of police officers per 100,000 Canadians increased nearly nine per cent — amid a crime rate decline of 26 per cent, writes author Livio Di Matteo, a Lakehead University economist.

But the report, published by the Fraser Institute think-tank, shows the Ottawa-Gatineau region is among the most efficient police forces in the country when it comes to staffing.

In 2011, the city employed 141 officers per 100,000, which is lower than the predicted 162 officers per capita.

Compare that to Saint John, N.B., which employed 200 officers per capita in that same year, or the 187 officers in Winnipeg's police service.

The report sets out to measure the efficiency of police forces in Canadian cities by examining and comparing the number of officers employed per 100,000 citizens.

Using Statistics Canada figures, including Police-Reported Crime Statistics, Di Matteo found that between 2001 and 2012, the number of police officers in Canada grew 21.8 per cent (from 57,076 to 69,505) while the Canadian population increased only 12.2 per cent.

When calculated per 100,000 people, the number of officers increased from 184 in 2001 to 200 by 2012.

LUCY SCHOLEY/METRO

Spectators dot the ground like ants below a bat-clad fundraiser Monday, in a spectacle that saw people get the chance to rappel down the side of the Morguard building on Slater Street if they were able to raise $1,500 or more for Easter Seals. JOE LOFARO/METRO

'Superheroes' rappel 20 storeys for Easter Seals

Raising awareness. Annual event has raised $10 million for kids with disabilities since 2005

JOE LOFARO
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Easter Seals "superheroes" took to the sky Monday morning as they rappelled down 20 storeys, hoping to raise awareness about their efforts to help Canadian youth with physical disabilities.

Sporting a fairy costume and mask, 18-year-old Michelle Turner stood at the edge of the roof of the Morguard building at 280 Slater St. as she was secured by a harness.

"I did bungee jumping before, but higher than this. It gets my adrenalin pumping, so why not?" Turner said confidently as strong gusts of wind whipped her safety straps about.

She agreed to do the Easter Seals Drop Zone with two other friends after raising a minimum of $1,500 for the charity.

"I like the cause and I think it's a great thing to do to help support kids with physical disabilities," she said before taking the plunge.

Since 2005, Drop Zone events across Canada have raised more than $10 million for children with disabilities, with the help of 6,000 brave participants.

Proceeds from the fifth annual Ottawa event will go to support Easter Seals Ontario, which will help families buy mobility equipment and communication devices.

All participants were trained beforehand and guided by rappelling experts on Monday.

"It's kind of a once-in-a-lifetime thing for me," said Mike Kilmartin, who works at Ottawa-based commercial security firm FCI Inc.

His wife and child were waiting for him as he carefully descended the building.

"Two hundred feet is higher than anything I've ever been up to. I install security cameras and that kind of thing for a living so I'm used to rooftops. But it's the first time hanging off the edge strapped to a rope."

Dear readers

Correction

A photo was published in error in the Sept. 21 edition of Metro in our burger poll article misidentifying the man in the picture as mayoral candidate Bernard Couchman. The photo was of an acquaintance of Couchman's named Neville Paul. Metro apologizes for the error. SEAN MCKIBBON/METRO

Sept. 18-20 project

Nuisance blitz nets 400 charges

Ottawa police say a nuisance enforcement blitz in the ByWard Market, Lowertown, Vanier, Sandy Hill, the Glebe and Centretown over the weekend has resulted in 400 charges. The Sept. 18-20 project addressed community concerns such as public intoxication, noise and property damage. JOE LOFARO/METRO

Memorial ride

Paramedics cycle for fundraiser

More than 80 paramedics from across Canada participated in the Canadian Paramedic Memorial Ride to raise funds for a national memorial for paramedics killed in the line of duty.

The cyclists arrived in Ottawa on Monday after starting their trek from Toronto on Friday. Since 1988, 38 paramedics in Canada have died in the line of duty.

JOE LOFARO/METRO

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Man pleads guilty in high-profile Halifax child pornography case

'People should say her name'. Second charge of distributing child porn dropped; mother of victim wants mandatory publication ban lifted

The mother of a teenage girl victimized in a prominent child pornography case said she felt a measure of comfort Monday after one of the accused pleaded guilty, but she also believes her daughter's story is not getting the attention it deserves because of a statutory publication ban.

"I do feel some solace in that she just wanted to be validated," the mother said after one of two young men charged in the case in Halifax pleaded guilty to making child pornography. "She wanted ... people to know that this actually happened to her instead of being blamed for ... (it)."

But the mother said a mandatory publication ban, that prevents her now-deceased daughter from being identified, has effectively silenced her.

"The reason she came forward and she was brave and told her story is because she didn't want the silence," the mother said outside youth court. "She's no longer here, so I don't agree with it at all, and I do feel that people should say her name."

The Crown dropped a second charge of distributing child pornography against the accused, who is now 20 but cannot be named under the Youth Criminal Justice Act because the offence occurred when he was 17.

Bullied

The girl died after she was taken off life-support following a suicide attempt in the spring of 2013. Her family says she was bullied for months as a result of the photo.

Based on an agreed statement of facts read into the court record by Crown lawyer Alexander Smith, the teen girl, then 15, went to the accused's house where she, a friend and four male youths drank alcohol in the fall of 2011.

Smith said the accused took a photograph later that night, with his cellphone camera of one of the male youths having sex with the girl while she was vomiting. She was unaware that the picture was being taken and did not give consent to it, Smith said.

After the accused was arrested in the summer of 2013, he told police that he sent the photograph to the male youth who had sex with the girl the next day, Smith said. The accused is not alleged to have sent the photograph to anyone else, but the image was distributed to numerous people, most of whom attended the same high school the girl did.

The girl's case generated international headlines since last year. But in May, a judge upheld a publication ban under the Criminal Code that prohibits the identification of victims in child pornography cases. THE CANADIAN PRESS

Off, off Broadway: Polar bear protests at climate summit

A man dressed as a polar bear climbs a barricade as protesters take part in the Flood Wall Street demonstrations on Monday, preceding the United Nations's Climate Summit 2014: Catalyzing Action, in New York. TIMOTHY A. CLARY/AFP/GETTY IMAGES

'Full support'. UN member states endorse rights of all indigenous peoples

The United Nations General Assembly on Monday approved a document outlining the rights of indigenous peoples worldwide.

The Outcome Document was endorsed by consensus at the start of the first World Conference on Indigenous Peoples.

The gathering brought together more than 1,000 delegates from indigenous communities along with various heads of state and UN officials.

Secretary-General Ban Ki-moon said indigenous people are "central to our discourse of human rights and global development" and have an important role in the push for a more sustainable use of natural resources. Ban said indigenous people have the "full support" of the UN. He welcomed delegates with greetings in indigenous languages from Latin America, South Africa, New Zealand, Malaysia, North America, Norway and Sweden.

Quoted

"The challenge now remains to implement the provisions of the declaration, by closing the gaps between theory and practice, between inspiration and reality."

Aili Keskitalo, president of the Sama Parliament in Norway

Aili Keskitalo, president of the Sama Parliament in Norway, said the primary goals of the UN Declaration on the Rights of Indigenous Peoples are to prevent the loss of territory and resources, to end discrimination, to maintain cultural identity, and to help find solutions to climate change. THE ASSOCIATED PRESS

Fraser Institute

Police staff, costs going up as crime drops: Study

A study out of the Fraser Institute says policing costs and the number of officers continue to rise despite a decline in crime rates.

Study author Livio Di Matteo says between 2001 and 2012, police officers per 100,000 Canadians rose 8.7 per cent while the crime rate during the same period fell by 26.3 per cent.

Di Matteo says the cost of policing also went up by 45.5 per cent between 1986 and 2012, while the number of so-called criminal code incidents handled by each officer went down by 36.8 per cent.

Di Matteo says it is costing taxpayers more than ever to cover the costs when cities maintain a larger police force than warranted. THE CANADIAN PRESS

Terrorism

PM vows to do more to fight ISIS after threat against Canadians

Stephen Harper says Canada is looking at what else it can to do monitor and take action against organizations and individuals who pose a threat to Canadians.

The prime minister made the remarks after the Islamic State of Iraq and al-Sham (ISIS) issued a new threat against western countries including Canada, the U.S. and Europe.

The statement called on Muslims everywhere to kill anyone whose country is taking part on the attack against the al-Qaida splinter group.

Canada is sending 69 special forces personnel to serve as advisers to Iraqi forces battling ISIS militants. THE CANADIAN PRESS

N.Y. Canadian woman arrested at JFK with guns, drugs in checked baggage

Police say a 24-year-old Canadian woman has been arrested at Kennedy airport with handguns, ammunition and 15 kilograms of marijuana in her checked baggage.

Joseph Pentangelo, the spokesman for the Port Authority of New York and New Jersey police, said the Scarborough, Ont., woman was arrested at about 9:30 a.m. Sunday. He said Nyesha McPherson had two .40-calibre handguns, 350 rounds of ammunition and four magazines in addition to the drugs, all concealed in boxes, tubs and household products.

Pentangelo says she had been ticketed to fly to Barbados. THE ASSOCIATED PRESS

General Motors. Death toll continues to rise due to faulty ignition switches

The death toll from crashes involving General Motors small cars with faulty ignition switches is at least 21.

Attorney Kenneth Feinberg, who was hired by the company to compensate victims, said Monday in an Internet posting that he received 143 death claims as of Friday, and 21 of those have been deemed eligible for payments.

The defective switches can unexpectedly move to the "accessory" or "off" positions, shutting down the engine and knocking out power steering and brakes. With engines shut off, people can lose control of their cars and crash. If that happens, the air bags won't inflate.

GM has admitted knowing about the problem for more than a decade in small cars such as the Chevrolet Cobalt. Yet it didn't begin recalling the 2.6 million small cars until February.

For months, the company said at least 13 people died in crashes linked to the faulty switches, but GM acknowledged that the death toll would go higher. Some lawmakers have estimated that it's close to 100. THE ASSOCIATED PRESS

$17.8B lawsuit

Big Tobacco case enters final leg

Final arguments are underway in a landmark case pitting Quebec smokers against Big Tobacco.

The $17.8-billion lawsuit is believed to be the biggest class action ever seen in Canada.

An estimated one million Quebecers are involved in the lawsuit, which is targeting three major Canadian tobacco manufacturers. Closing arguments are expected to last several weeks and a decision isn't expected for some time. THE CANADIAN PRESS

Save the Earth with a printer?

Going green. A Waterloo, Ont., business promoting its 3D printer in NYC argues the product can be good for the environment

Andrew Finkle and Charles Mire, the co-founders of Canadian startup Structur3D, show off the 3D printer adapter they used to create a New York Yankees logo out of Nutella at the Maker Faire festival in Queens, N.Y., on Sept. 21. THE CANADIAN PRESS

While hundreds of thousands of people marched against climate change in New York City, across town, two young Canadian entrepreneurs displayed an invention they hope might put a little dent in the global carbon footprint.

The business partners from Waterloo, Ont., took home a couple of the judges' ribbons at a technology fair Sunday afternoon, as they showed off an adapter that allows home-style 3D printers to work with additional materials.

Hooked up to one of these syringe-like contraptions, they say, a home unit is no longer confined to just printing plastic. Suddenly, a high-tech do-it-yourselfer's repertoire might include ceramic, wood filler, clay, hydrogels — pretty much any viscous substance that can be squeezed through a little tube, at room temperature.

"Are you 3D-printing Nutella?!" one woman burst out as she arrived at the display stand for Structur3D.

Yes, in fact, they were.

Playing to the local crowd, they had even set up a 3D printer to draw a chocolatey replica of a New York Yankees logo.

Mire made the point that his $379 gizmo also has serious applications, beyond Nutella spreads. One of those happens to be environmental — a buy-local movement, if you will, narrowed down to your own house. "It's one less trip (people) have to make to the store. It's one less thing they have to order off of the Internet," Mire said. "They can use locally sourced materials or make things in their own homes. In a way, it really could reduce carbon footprints on a cumulative level.... So it's just a small contribution, on a very large problem." THE CANADIAN PRESS

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Spoiler alert! Canadians are more polite than Americans about spoilers

Sorry about that spoiler, eh?

According to a study conducted by Netflix, Canadians are characteristically polite about trying to avoid spoiling a TV show for their friends and family.

But most say they've had to apologize in the past for blurting out too much about an exciting plot point.

Meanwhile, Americans were twice as likely to think they should be able to talk about a new episode of their favourite TV show any time they want.

"(Canadians speak about spoilers) with a certain delicacy ... and they are accommodating with one another with a fine touch when it comes to social interactions," says Vancouver native Grant McCracken, a cultural anthropologist who has worked with Netflix to examine viewership trends.

"Americans, in maybe that characteristically American way ... get to that diplomatic moment, they start to code things (during conversations), but they go, 'This is stupid, let's let fly,' and it's up to the spoilee to protect themselves." THE CANADIAN PRESS

Oopsie

69%

In an online poll of 1,506 Canadians conducted for Netflix by Leger Marketing, 69 per cent of the respondents said they had accidentally spoiled a show for someone in the past.

Market Minute

DOLLAR 90.65¢ (-0.70¢)

Natural gas: $3.85 US (-$0.01)
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TSX 15,129.00 (-136.35)

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New record

Apple sells 10M iPhones in 3 days

Apple says it sold more than 10 million iPhone 6 and 6 Plus models, a record for a new model, in the three days after the phones went on sale.

A year ago, Apple Inc. said it had sold 9 million of the then-new iPhone 5C and 5S models. THE ASSOCIATED PRESS

Passport smartphone

BlackBerry's new phone cheaper than iPhone 6

BlackBerry is bringing its newest Passport smartphone to the market with a price that's lower than Apple's iPhone 6 and the latest incarnation of the Samsung Galaxy.

Units of the phone will sell for $599 US without a wireless carrier contract in the U.S., about $50 to $250 cheaper than various models of the iPhone 6 and Samsung's Galaxy S5 currently on shelves.

Canadian prices for the BlackBerry Passport haven't been officially released. THE CANADIAN PRESS

FASHIONABLE PEOPLE WEARING QUESTIONABLE THINGS

SHE SAYS

Jessica Napier
metronews.ca

I would never say that I was bullied in high school, but I do have a vivid memory of one particular Mean Girl moment. I must have been about 13 or 14 when a classmate cornered me at my locker, looked my body up and down and asked: Why do you dress like that?

I think she was referring to my attempt at early 2000s European street style; a look that didn't exactly translate at my suburban Canadian high school. But despite her harsh disapproving attitude I have to admit it was an interesting question. Why did I choose to dress like that? Why do any of us buy and wear certain types of clothing, and why do other people care?

The question of why we wear what we do is the subject of a new book edited by Toronto author Sheila Heti in collaboration with Leanne Shapton, Heidi Julavits and Mary Mann. Women in Clothes includes contributions from 639 women — writers, fashion industry insiders, famous types and normal people — exploring our emotional attachment to clothing. The book features a diverse array of perspectives that were crowd-sourced through personal interviews and an online style survey.

I'm sure some people would dismiss such a compilation as superficial frippery — who really needs to read 500-plus pages on getting dressed? But I think there's great value in understanding how women from all walks of life present themselves to the world through their clothes.

Magazine editors like to write about "statement pieces," but every piece of clothing we own sends a message, even if it's understated. Clothes tell a story about who we are and how our personalities, lifestyles and bodies change over time.

Wardrobes are tangible scrapbooks filled with mundane and momentous items: bathing suits, pyjama pants, pencil skirts, Bridal gowns, maternity dresses, underwear and so much more.

And then there are the clothes that got away: the expensive pair of high heels you just couldn't justify buying, the earring that fell down the drain never to be seen again, or the one-of-a-kind leather jacket you accidentally abandoned in a restaurant coat check. I don't follow fashion week runway shows or trend reports, but I do love clothes. I am always curious about the changing shapes, cuts, colours and varieties. Most of all, I'm inspired by the ways in which other women choose to wear their clothes, from the professionally chic fashion blogger in my Instagram feed to the stylish woman waiting for bus alongside me in the morning.

I'm happy to look back at those cringe-worthy photographs in my high school yearbook because I'd rather be occasionally embarrassed than always play it safe in basics.

Why not take an experimental approach to dressing and try on different styles and trends? Saying "I can't pull it off," is the most absurd sartorial statement anyone can make. Of course you can pull it off — all you have to do is put it on.

When it comes to answering the question of why we dress the way we do, there's no singular answer. Style is determined by a number of personal and cultural reasons. Clothes are functional, but they can also be fun and experimental and yes, sometimes a big mistake.

Insert David Bowie song title reference here

In this artist concept provided by NASA, the Maven spacecraft approaches Mars on a mission to study its upper atmosphere. Late Sunday night, Maven entered orbit around Mars for an unprecedented study of the red planet's atmosphere. NASA HANDOUT/THE ASSOCIATED PRESS

NASA's Maven looks for clues to life, on Mars

NASA's Maven spacecraft entered orbit around Mars for an unprecedented study of the red planet's atmosphere, following a 710-million-kilometre journey that began nearly a year ago.

The robotic explorer successfully slipped into orbit around the red planet late Sunday night. Scientists believe the Martian atmosphere holds clues as to how Earth's neighbour went from being warm and wet, billions of years ago, to cold and dry. That early wet world may have harboured microbial life, a tantalizing question yet to be answered.

THE ASSOCIATED PRESS

1 Martian year = 2 Earth years

Maven — short for Mars Atmosphere and Volatile Evolution Mission — will spend at least one Earth year collecting data.

- The craft is as long as a school bus, from solar wingtip to tip, and as hefty as an SUV.

Woohoo!

"I think my heart's about ready to start again.... All I can say at this point is, 'We're in orbit at Mars, guys!'"

Bruce Jakosky, Maven's chief investigator

MetroTube

Meanwhile, in Russia ...

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a while since we've had a good "Meanwhile, In Russia" presentation, so it's perhaps timely that the all-seeing eyes hovering over the country's roadways have checked in with this lucky cyclist, who walked away from the most terrifying bike crash you're likely to see. (Palvinder Kaur/YouTube)

GETTY IMAGES FILE

Twitter

@metropicks asked: "F* it, I quit." A woman in Alaska left her reporting position on air using profanity. What kind of exit would you make to leave a lasting mark?**

@AllisonThiessen: my brother baked a cake with "I quit" on it to end a job on a sweeter note.

@BrittanyJoyce22: I once quit by telling my boss is was time for me to get "A real job" I meant to say "A job in my field" #Oops

@WTarcisio: I always leave doors open in the job. Life is not a Jim Carrey movie

Join the conversation @metropicks

metro AR

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In this issue, you can find AR enhancements on pages 10 and 12 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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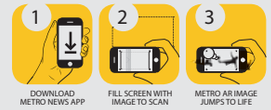

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SCENE 2

DVD review

Neighbors

Director. Nicholas Stoller

Stars. Seth Rogen, Zac Efron, Rose Byrne

This bumpy comedy by Nicholas Stoller (Forgetting Sarah Marshall) finds mirth in how we're all just one life change away from curmudgeonhood. One minute you're smoking grass, the next you're screaming at "kids" to get off your lawn.

Seth Rogen and Rose Byrne, both in their early 30s, play the "old couple next door" to a group of wild frat boys led by Zac Efron, age 26.

Rogen's Mac and Byrne's Kelly are one-time ravers who are now parents of an adorable baby girl. All they want, as any parent would, is a little peace and quiet so their darling can sleep blissfully at night.

But that's not happening now that the local college frat boys of Delta Psi have moved next door. Cue mayhem as diaper changers and toga wearers collide. Hose off, repeat for occasional laughs.

Extras include an alternate opening, deleted/alternate scenes and making-of featurettes.

PETER HOWELL

S.H.I.E.L.D. actor relishes Grant scheme of things

Agents of S.H.I.E.L.D.
Brett Dalton's OK with hate-on fans have for turncoat character he plays in show they love

RICHARD CROUSE
scene@metronews.ca

metro AR Scan this photo with your Metro News app to check out a video recap of Season 1 of Agents of S.H.I.E.L.D. before you start watching Season 2. Brett Dalton, right, plays double-crossing Agent Grant Ward. CONTRIBUTED

Brett Dalton knows he's the gent Agents of S.H.I.E.L.D. fans love to hate. "I get boos," he says.

As Agent Grant Ward he spent most of the show's first season as a gruff but good guy. Then in a late season development, it was revealed that he was actually a spy working for HYDRA, a criminal organization dedicated to global domination.

"I get some, 'I trusted you!' 'I feel betrayed.' 'My mother still believes in you!' I get the whole gamut. It's kind of all over the place for me. For the other actors it's more like, 'Oh my gosh, I love you on the show.' For me it's more like, 'I love-hate you.' I get a little of both.

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

The actor, who holds a masters degree from the Yale School of Drama, had no idea there were big changes in store for Agent Ward.

"I'm glad they didn't tell me," he says, "because I really would have tipped my hand. They told me the episode before and there were a couple of shoot days left and even in those shoot days it kind of did me in mentally because I was thinking, 'Am I listening like a spy? Am I giving too much away?' All I was doing was listening in the scene. Standing and listening. But the way in which I was listening, I wasn't so sure about."

The fan reaction to his character's double cross was swift.

"In the beginning some of the tweets were like, 'I want to punch @iambrettdalton in the face.' They didn't say Grant Ward, they tagged me and said they wanted to punch me in the face. I thought they could have just typed in Grant Ward."

As the show goes into its second season Dalton tips his hat to the fans. Without them the show wouldn't exist, literally.

When Agent Coulson, played by Clark Gregg, was killed by Loki in The Avengers movie it triggered a worldwide Coulson Lives crusade that inspired Marvel to create the show.

"The whole Coulson Lives campaign was started by the fans," he says, "and became this really fun, underground stencil that was seen around the world. Then Marvel got wind of it and decided to make a whole TV show around Coulson putting together a ragtag group of people trying to save the world each week.

"The show exists because of the fans. And that's the reason we have Season 2 as well, because we have such amazing fans who tune in each week and follow everything and are so eager about the whole thing. They're why we do what we do."

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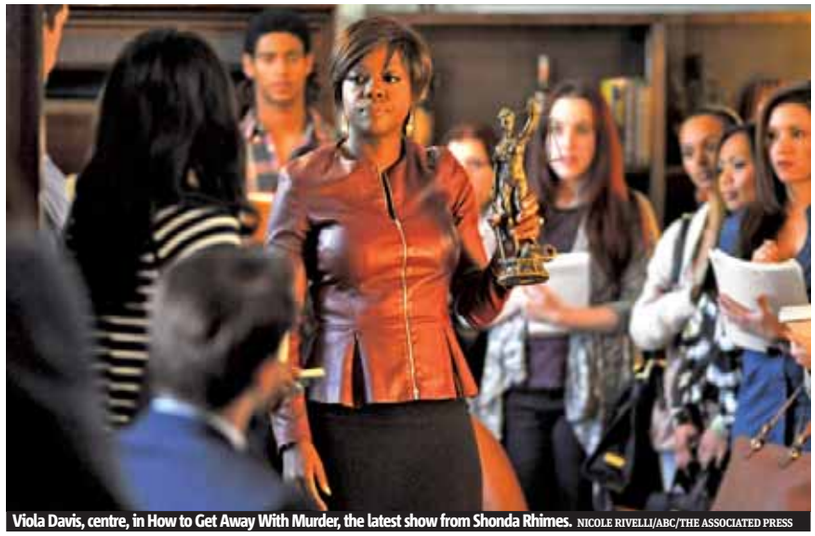
Shonda is killin' it on Thursdays

Third Rhimes the charm. Lineup of Grey's Anatomy, Scandal and How to Get Away With Murder has got prime time all sewn up


Viola Davis, centre, in How to Get Away With Murder, the latest show from Shonda Rhimes. NICOLE RIVELLI/ABC/THE ASSOCIATED PRESS

Let's just go ahead and make it official: Thursday should be renamed Shonday.

At least it should on ABC, which has handed its entire Thursday prime-time schedule to drama doyenne Shonda Rhimes.

Starting this week at 8 p.m. EDT, it's Grey's Anatomy, with Rhimes the showrunner for this medical melodrama's 11th season. At 9 p.m., Scandal begins its fourth year with Rhimes also serving as showrunner.

Then, closing out Shonday at 10 p.m., How to Get Away With Murder premieres with Viola Davis as a rife-with-mystery criminal lawyer who apparently will do anything to spring her clients and who, as a law professor, trains her students to do the same.

Unlike the other two series, created by Rhimes, Murder was masterminded by Pete Nowalk, whose producing credits include Grey's and Scandal. On this wicked new addition to the ShondaLand portfolio, Rhimes will serve "only" as executive producer: "I'm like the grandmother," she joked. "I hold the baby, then I give it back."

This baby has a clear family resemblance: Murder crackles with rat-a-tat dialogue, larger-than-life characters, outrageously tangled narratives, and a rainbow coalition of a cast led, as with Scandal, by an African-American actress.

"It's a show I never would have thought of in a million years," Rhimes said. "But I feel like it fits exactly in the ShondaLand brand."

The ShondaLand handle began as "kind of a joke," said Rhimes. Then, for the company it now identifies, it took hold as shorthand for a shared mission statement. "We all know what we're talking about in terms of the work and the attitude, and that term sums up our goal."

A storyteller from childhood, the Chicago-born Rhimes had written the script for the 1999 HBO film Introducing Dorothy Dandridge, followed by the Britney Spears hit Crossroads, and the 2004 sequel to The Princess Diaries.

But it was Grey's Anatomy, a 2005 midseason replacement, that put Rhimes and ShondaLand on the map.

Today, at age 44, Rhimes reigns as a hitmaker unmatched in TV history, just days from not only ruling a full night of ABC real estate, but also stewarding two broadcast-network dramas with black women as protagonists.

"Why did it take somebody black to talk about being black?" Rhimes said, marvelling that TV has stubbornly resisted mirroring the world she and most people live in, a world she has tried to reflect through her matter-of-fact inclusiveness of race as well as gender, age and sexuality.

"There is no token system," she said. "We're gonna cast the best actor for the part. And then our cast makes it feel real and true — they elevate everything."

THE ASSOCIATED PRESS

How does it feel to be a big-time TV mogul?

"It feels great. It's an amazing vote of confidence from the network. It's an exciting moment."

Showrunner and storyteller Shonda Rhimes

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How to find the happy bits in life

metro AR Scan this photo with your Metro News app to see a trailer of Hector and the Search for Happiness, starring Simon Pegg and Rosamund Pike, which opens this Friday in theatres.
CONTRIBUTED

Hector and the Search for Happiness. Simon Pegg and Rosamund Pike talk about fame, fortune, and why it doesn't always bring contentment

Quoted

"I've been desperately unhappy while working. I remember when I went to L.A. to do Mission Impossible III I wasn't in a great place and I got there and I remember thinking to myself, 'I'm in a film with Tom Cruise and yet I'm unhappy.' It was an epiphany for me."
Simon Pegg

RICHARD CROUSE
scene@metronews.ca

In the new film Hector and the Search for Happiness, Simon Pegg plays the title character, a psychologist with a tidy, uneventful existence.

He shares his predictable and safe life with Clara (Rosamund Pike), an ad agency writer who creates names for pharmaceuticals. They chug along happily until one day Hector snaps and sets out on an archaeological dig of sorts, to discover what happiness means to people.

"With this film," says Pegg, "people will often flippantly say, 'He lives with Rosamund Pike, he's got a nice house…' which so misses the point. You can have all that stuff. The point is we take the least sympathetic demographic on the face of this earth, the white upper middle class male and say, 'He has a problem.' It just goes to show that if he can be there and be unhappy then anybody can be unhappy."

When asked if show biz success is a recipe for happiness both Pegg and Pike chime in.

"It's a question I have been asked," says Pike. "Fame and money, surely they are the ingredients to a happy life? The point is we keep sadly seeing that unless you are happy before you get those things it's not a recipe for happiness."

"Not to bring it up in a facile way," says Pegg, "but Robin Williams' death is an indication of that.

"I find for me I have to be happy in my real life, in the real world, and if I'm happy there I can be happy elsewhere and can enjoy this job.

"I've been desperately unhappy while working. I remember when I went to L.A. to do Mission Impossible III I wasn't in a great place and I got there and I remember thinking to myself, 'I'm in a film with Tom Cruise and yet I'm unhappy.'

"It was an epiphany for me."

"Obviously the idea of a successful career is that you look like a swan gliding and nobody sees the paddling duck feet," says Pike, "but they're definitely there. I think the message of the film is 'You can't really know happiness unless you are prepared to embrace life with everything it throws at you.' The unhappiness too.

"When you go through something horrific in your life, loss or death or illness or whatever, people say this will make you stronger and you think, 'Oh sod off,' but of course it does.

"It makes you appreciate things in the future more and you do feel happier for having been through the bad times."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Taking a stand for all muggle women around the world

NED EHRBAR
Metro in Hollywood

Ladies and gentlemen, Emma Watson is your new feminist icon.

The Harry Potter star and UN Goodwill Ambassador gave an impassioned speech at the United Nations headquarters this weekend to launch the HeForShe campaign, looking to help turn men into advocates as well.

"I decided that I was a feminist. This seemed uncomplicated to me. But my recent research has shown me that feminism has become an unpopular word. Women are choosing not to identify as feminists. Apparently, (women's expression is) seen as too strong, too aggressive, antimen, unattractive," Watson said during her speech.

"Why has the word become such an unpopular one? I think it is right I am paid the same as my male counterparts. I think it is right that I should make decisions about my own body. I think it is right that women be involved on my behalf in the policies and decisions that affect my life. I think it is right that, socially, I am afforded the same respect as men."

I have no joke here but just wanted to point out that Watson is awesome.

Although I was a little distracted by the presence of her ludicrously attractive brother seated behind her.

Twitter

@KevinHart4Real
And the award for the dumbest guy on the planet goes to me ... Who buys the new iPhone6 & drops it & cracks his screen? The answer is ME

@SarahKSilverman
It's imperative that you not make eye contact when dealing w drunk people

@WhitneyCummings
If I'm flirting with you, it probably means I'm about to ask you if I can borrow a phone charger

Sharon Stone

Paparazzi pump ego of 'declining' star Stone

Sharon Stone is getting some bad buzz from the Italian filmmaking duo Pupi and Antonio Avati, with whom she worked on Golden Boy.

The Avati brothers recounted some diva-ish behaviour on Stone's part, brought on by the presence of paparazzi, according to the Hollywood Reporter.

"We brought her to the most luxurious suite of the Hassler Hotel. The next day on set, there were more than 200 paparazzi. There, her ego definitively inflated. It is the classic pattern with these American actresses who are slightly declining."

Ouch. And Pupi recalls her disappearing completely.

"My brother received a phone call from Los Angeles from her manager: She wouldn't come back on the set until the photographers … had gone away."

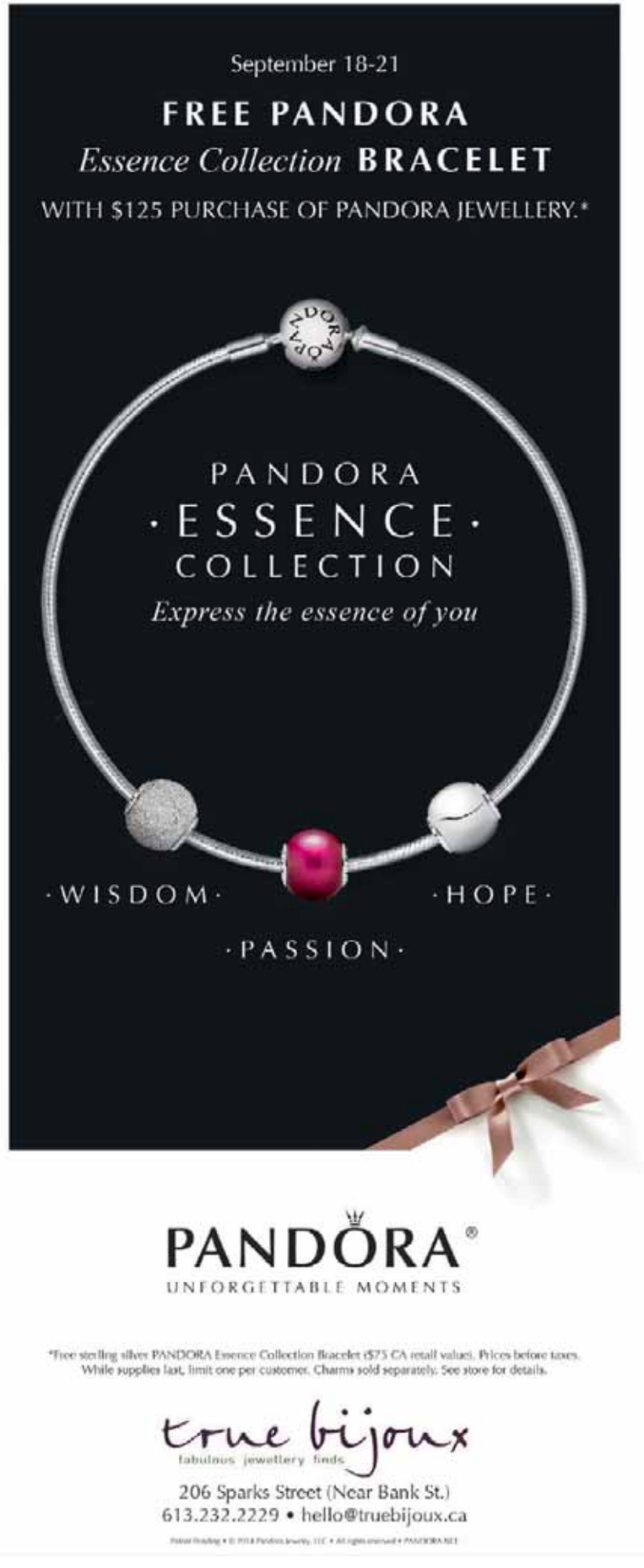
Mad Men pillow talk is secure, Hamm vows

While the rest of us have to wait until next year to find out how Mad Men ends, there is at least one person not working on the show who knows what happens: Jon Hamm's longtime girlfriend, Jennifer Westfeldt.

But don't expect her to spill anytime soon.

"Oh, she knows. I tell her everything," Hamm tells Us Weekly. "I tell her everything and she definitely knows. She won't tell anyone."

Perhaps series creator Matthew Weiner stands outside their window every night just to make sure.



LIFE 3

A breath of awareness

Idiopathic pulmonary fibrosis. Rose McGowan got involved in the fight against the deadly disease after her father passed away

IZABELA SZYDLO
life@metronews.ca

Actress Rose McGowan holds a photo of her and her father, who died of IPF. CONTRIBUTED

For the last 22 years, actress Rose McGowan has entertained us on the silver and small screens. But playing Tatum in Scream or Paige on Charmed wouldn't compare in difficulty to the role she played when her father was diagnosed with idiopathic pulmonary fibrosis (IPF).

"It was definitely my realest role," says McGowan of being her father's caretaker during his fight with the fatal lung disease, which causes scarring that makes it increasingly difficult to breathe. "Breathing is so fundamental. So to have it bring you closer to dying every time you do it is horrifying."

After her father's death five years ago, McGowan became involved with the Coalition for Pulmonary Fibrosis and Daughters of Pulmonary Fibrosis in the U.S. She recently teamed up with the Canadian Pulmonary Fibrosis Foundation (CPFF) for its IPF Awareness Month, which McGowan says is a feat in itself.

"When I became involved, there was hardly a website," she says. "So, to designate September as IPF Awareness Month is huge. I think people are asking what it is a lot more. There are so many causes people can pay attention to but this one is really important, especially since it is crossing age lines."

Though about 15,000 Canadians are diagnosed and 5,000 die of IPF every year, little is known about the disease, including its origins. And while it generally hits those who are 50 or older, in 2011, Helene Campbell, a 20-year-old Canadian, was diagnosed. Like many sufferers, Campbell, who appeared on Ellen after her organ-donor video went viral, was misdiagnosed with asthma. Other misdiagnoses include pneumonia or heart failure.

"It is common to be misdiagnosed because all the complaints sound like different things." Symptoms include blue lips, dry cough, difficulty getting a full breath and uneasiness. "I had never heard of it and neither had my dad; that's why it was such a shock. I went with him to the pulmonologist after he was misdiagnosed for about nine months and the doctor just shook his hand and said, 'I'm so sorry.'"

As part of its efforts, CPFF launched a social media campaign called Kiss IPF Goodbye. For every share of the organization's videos and/or use of the hashtag #KissIPFGoodbye on Facebook, Twitter or Instagram, pharmaceutical company Boehringer Ingelheim will donate $5 for research.

Aside from educating the public, McGowan spends time with IPF patients and their caretakers. Having watched her father go from a "bear of a man who hiked trails everyday, was super active and a vegetarian" to being unable to walk up one stair caused a lot of confusion and frustration, she says.

"It was horrible seeing him go through it and it's so awkward because I look back and there's all these things I should have asked and said," she says. "I would say to anyone who has a sick loved one, just talk. There are also support groups for both patients and caretakers because it's exhausting."

McGowan is realistic about her expectations for short-term IPF research and says she hopes to see a treatment developed to slow the progress of the disease. "To help people live better lives while they are here is really my goal," she says. "It's one of those things where people are like, 'I want to lend my voice and support' but for me, it's like, 'I want to lend some reality.' This is real and it's scary and it hurts. I want that to stop."

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How dangerous is that sunspot?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we include articles about the science of beauty, including skin care. Here, freelancer Anne Mullens took a look at how to eliminate the cumulative effects of aging.

What kind of spot is it? Some dark or coloured spots — in medical terms, pigmented lesions or hyperpigmentation — are harmless. Others, however, can be disfiguring or deadly, particularly non-melanoma skin cancers (whether basal or squamous cell cancers), which strike 76,100 Canadians and kill 440 each year; and melanoma, which strikes some 6,000 Canadians and takes 1,000 lives each year. Before removing a spot, a dermatologist should assess it to discern benign spots from potential cancers.

"I have at least one patient a week come in for what they think is a cosmetic removal and it turns out to be cancer," says Dr. Mark Lupin, a dermatologist in Victoria.

And the wrong treatment "could delay a cancer diagnosis, with potentially disastrous results," cautions Dr. Jean-François Tremblay, a Montreal dermatologist.

Two types of harmless brown lesions are common for cosmetic removal. The first type is solar lentigines, a.k.a. "age spots," "sunspots" or "liver spots"; these are collections of cells containing higher than normal concentrations of melanin. They are flat; beige, brown or black; and up to about two centimetres in diameter. The second type is seborrheic keratoses, a.k.a. "brown warts" or "senile warts"; these are raised, usually brown (though sometimes white or black) and waxy, looking stuck on. Sometimes the two types can be combined in one spot.

What are the options for removal? Creams are one option. Many cosmetic companies offer "fade creams", which usually contain a bleaching agent, retinol, or botanical agents such as soy. They are intended to fade spots and lighten overall skin tone. They work for some people, but to varying degrees.

While some spots are harmless, others can be deadly. ISTOCK

Another option is liquid nitrogen, which can freeze off lentigines and keratosis, creating a shallow scab that eventually falls off. It's a doctor's office procedure that usually costs under $80.

There are also lasers, and IPS or BBL (two different terms for the same type of laser therapy). Cost for these options start at $175 for one spot. Talk to your doctor or dermatologist about what is best for you.

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METRO CUSTOM PUBLISHING

Create, participate, celebrate

This year's fifth edition of Culture Days — the annual celebration of all things culture — promises to be a great weekend (Friday to Sunday), offering a wide range of family-friendly activities.

Culture Days runs this weekend and invites the public behind the scenes to discover the world of artists, creators, heritage workers, architects, curators, and designers at work — and play. Highlights of the free hands-on interactive activities include:

Take part in a backstage tour at the National Arts Centre. URSZULA MUNTEAN PHOTO

CULTURE DAYS AT THE NATIONAL ARTS CENTRE: The National Arts Centre celebrates Culture Days 2014 with a puppet workshop, an introduction to printmaking, a circus workshop, backstage visits, and more. Sunday, Sept. 28, noon to 4 p.m.

CULTURE DAYS @ BYTOWN MUSEUM: CREATE YOUR OWN MINI-EXHIBITION: Discover the process of creating an exhibition with behind-the-scenes staff tours at the Bytown Museum. Saturday, Sept. 27, and Sunday, Sept. 28, 10 a.m. to 5 p.m.

PERSIAN DANCE WORKSHOP: Learn the regional and traditional dances of Iran in this interactive workshop. All ages. Sunday, Sept. 28, 5:30-6:30 p.m. Nepean Creative Arts Centre, 35 Stafford Rd.

AFRICAN VOCAL AND CARIBBEAN DANCE WORKSHOP: Join SIFA (an African a capella choir) in a vocal workshop and Caribbean Fit Fete for a Caribbean-style dance workshop. Sunday, Sept. 28, 11:30 a.m. to 1:30 p.m. Hintonburg Community Centre, 1064 Wellington St. W.

For a full list of activities and times, visit on.culturedays.ca.

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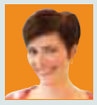

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Theresa Albert
DHN, RNCP
myfriendinfood.com

Loin is your secret password. It is and always will be the leanest cut of meat, despite your choice of animal.

Beef tenderloin, lamb loin, or pork tenderloin always come from beneath the ribs next to the backbone where fat rarely accumulates. Since it is an underused muscle it always stays tender.

Here are some tips for cooking it:

• Use a meat thermometer and don't cook past 140 F (even the pork!). It may still be a little pink.

• Season the loin well and roast at a high temperature (425 F) for a quick weeknight meal.

• It goes well with Asian flavours, Indian spices, or Mediterranean or Caribbean seasonings.

• Serve loin with something sweet like chutney or fruit compote.

• Bake a couple extra and use throughout the week. They're great in sandwiches, salads and stir frys.

• Some wrap it in bacon to add flavour and keep the meat extra moist.

Always allow tenderloin to rest before slicing. Five to eight minutes tented with foil should do it. The juices can run out if it's cut while still too hot and your meat may end up stringy. And no one but Tarzan wants string on their loin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. THERESA ALBERT

Spiced Pork Tenderloin.

Welcome autumn with this rustic dish that can be made on the grill or in the oven

THERESA ALBERT
myfriendinfood.com

With sweet spices like clove, combined with savoury spices like garlic and thyme, this tenderloin is flavourful but lean. It goes very well with fresh peaches, pears or apples on a simple salad for a low-carb or paleo dinner.

1. In a bowl combine all ingredients and add pork, turning to coat. Marinate in large freezer bag in fridge up to 24 hours or on counter for 10.

2. Place pork on greased grill over medium high heat and close lid. Cook 6 minutes, turn, cook 6 more minutes and turn again. Cook with lid down, except when turning. Alternatively, it can be cooked in oven at 450 F for 30-40 minutes until internal temp reaches 160 F.

3. Let stand for 5 minutes before cutting.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 tsp grapeseed oil
- 4 cloves garlic, minced
- 2 tbsp fresh thyme, chopped (or 1 tbsp dried)
- 1 tbsp paprika
- 2 tsp ground clove
- 1 tsp ground cumin
- 2 tsp pepper
- 1/2 tsp salt
- 2 pork tenderloin (12-16 oz each)

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

To go raw or not to go raw?

For most of us, piping hot, slathered with butter and sprinkled with salt really is the best way to enjoy corn on the cob.

Our only gripe with it? It's so good, we tend to forget that fresh corn doesn't need to be cooked to be delicious.

Ingredients

- 3 tbsp unsalted butter
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- Pinch of red pepper flakes
- 2 ribs celery, chopped
- 1 red bell pepper, cored and chopped
- 4 ears corn, kernels removed
- 1 cup shelled edamame
- 1 cup grape tomatoes, halved
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh chives
- Kosher salt and ground black pepper

Adding raw corn kernels is an easy way to push just about any salad over the top.

The best way to cut kernels from an ear of corn is to stand each ear on its wide end on a cutting board. Then use a serrated to knife to saw down the side of the cob, cutting just deep enough to slice off the kernels. Rotate the cob and saw down again, repeating until all of the kernels are removed.

Not ready to go raw? Here is a Corn and Edamame Succotash that still gets you thinking beyond the basic cob.

1. In a large deep skillet over medium-high, melt the butter. Add the garlic, onion and red pepper flakes, then sauté for 4 to 5 minutes, or until tender.

2. Add celery, red pepper, corn kernels and edamame. Cook for 5 minutes. Stir in the tomatoes, thyme and chives, then season with salt and pepper. Cook for another 2 minutes. Serve warm or at room temperature.

THE ASSOCIATED PRESS

mentalhealthnews.ca

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MENTAL HEALTH

Featuring

WORKPLACE MENTAL HEALTH
Does your company have a mental health plan in place?

CHILDREN AND YOUTH
Are you aware of the signs and symptoms?

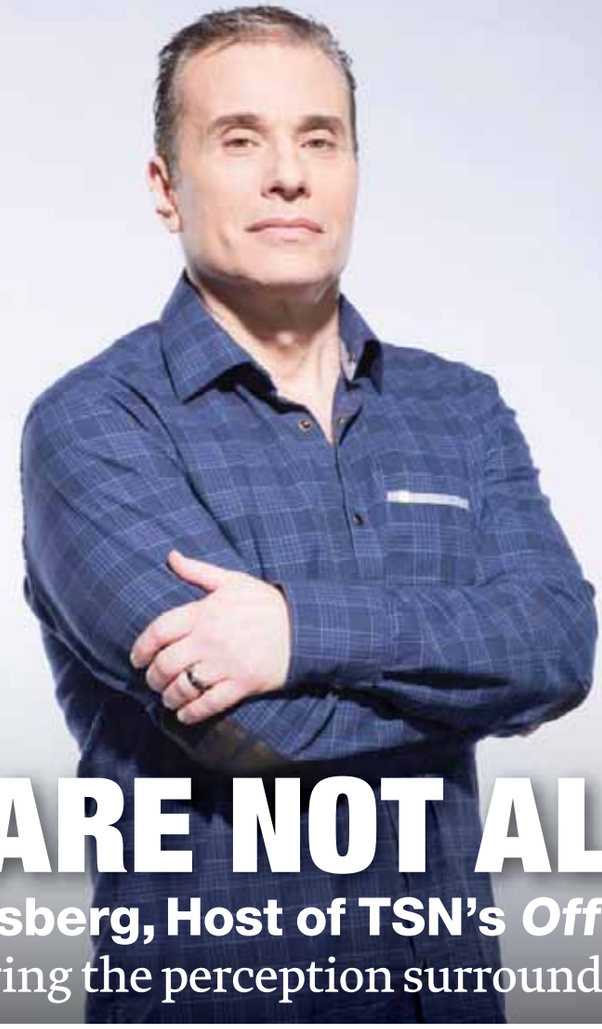

PHOTO: TSN

YOU ARE NOT ALONE

Michael Landsberg, Host of TSN's *Off The Record*, advocates for changing the perception surrounding mental illness.

- 70% OF ADULTS living with mental illnesses say the onset occured before the age of 18.
- 40% OF PARENTS say that they would not admit to anyone that they had a child with mental health problems and mental illnesses.
- 60% OF KIDS with mental health problems report being stigmatized.

Be brave. Reach out. Speak up.

Join the MHCC's Youth Anti-Stigma Campaign

Mental Health Commission of Canada

Commission de la santé mentale du Canada

headstrong@mentalhealthcommission.ca
www.mentalhealthcommission.ca

UNDERSTANDING THE IMPACT
Mental health has an influence on our self-confidence, work, and relationships.

While a lot has been done to make the stigma surrounding mental illness disappear, **those who are suffering still do not have full self-expression.**

Beyond breaking the stigma

Would it shock you to learn that one in five Canadians lives with a mental health problem or mental illness? That equates to seven million of our loved ones, neighbours, friends, and colleagues.

What's even more troubling is that many people are prevented from getting the help they need because of the stigmatizing attitudes and behaviours that persist around mental illness, but the good news is that we can beat stigma.

At the Mental Health Commission of Canada (MHCC), our research tells us that by targeting four key groups, we can have widespread impact. By engaging youth, the media, healthcare providers, and workplaces, we can have a tremendously positive influence that reaches far beyond those specific constituencies.

Let's consider the workplace. Every day, more than 500,000 Canadians miss work due to mental health reasons. If employers continue to ignore this reality, there will be a steep price to pay — both for companies and for our economy as a whole.

In fact, some 30 percent of short- and long-term disability claims in Canada are attributed to mental health problems and mental illnesses. This comes with an annual price tag of more than $50 billion.

Taking action

Continuing to run up the tab isn't an option. That's why Canadian workplaces are committed to supporting people who are experiencing psychological problems on the job. To that end, the MHCC has led the development of a voluntary *National Standard for Psychological Health and Safety in the Workplace* (the Standard).

The first of its kind in the world, the Standard offers guidelines that enable Canadian employers to create, and continuously improve, psychologically healthy work environments. Many Canadian employers have already implemented the Standard, improving the mental health of their employees through illness prevention and anti-stigma initiatives. These steps are being taken across sectors — from telecommunications and finance to education and police services.

While these efforts are crucial, so too is reaching young Canadians before they enter the workplace, nurturing healthy habits, and encouraging dialogue long before kids get their first job.

More than two-thirds of adults with a mental health problem report that their symptoms first started in their youth. Troublingly, fewer than 20 percent of children and youth are receiving appropriate treatment, and 40 percent of parents admit they would not be forthcoming to anyone about their child's mental health problem. Yet, early intervention can promote recovery, improve health outcomes, and help mitigate some of the challenges specific to young people with mental health issues. Clearly more needs to be done to reach this vulnerable population - now.

Creating mentally healthy schools, workplaces, and communities — places where individuals feel valued, supported, and welcome — requires of each of us to put ending stigma at the top of our agenda.

Reading this supplement is a great first step.

SOURCE: MENTAL HEALTH COMMISSION OF CANADA

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MENTAL HEALTH
FOURTH EDITION, SEPTEMBER 2014

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Distributed within: Metro, September 2014
This section was created by Mediaplanet and did not involve Metro or its Editorial Departments.

With special thanks to

Canadian Mental Health Association — *Mental health for all*
Association canadienne pour la santé mentale — *La santé mentale pour tous*

Providing workplace mental health programs & services for over a decade

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INSIGHT

THE COST OF DOING NOTHING: MENTAL HEALTH IN THE WORKPLACE

What many employers don't realize is that investing in employee mental health is a good business decision. Not only does it affect productivity of the company, but it also has legal implications.

After many years of trying to make the economic case for workplace mental health on the strength of what mental illness and mental injury is costing organizations, we have reached a pivotal point where doing nothing impedes business success. It appears that the inertia stems from conflicting business principles and the value organizations put on people.

Protecting the psychological health and safety of employees is now becoming a reality, largely due to high profile challenges and litigation cases being won through the Charter, Labour laws, as well as Worker Compensation and OH&S regimes. While these have drawn attention for action, the fact still remains that creating formal workplace mental health strategies makes good business sense. It will lead to a host of critical business outcomes and a broader level of economic and social wealth. Here's why:

Workplace issues

- Seven out of ten adults affected by a mental health condition are in the workplace.
- Mental health issues are the leading cause of workforce disability.
- Job performance is seven times worse compared to employees without a condition.
- On-the-job injuries are 40 percent more for employees with mental health and addiction problems.
- Stress-related issues represent 40 percent of employee turnover costs.

Emerging issues

- **Mental injury** The courts and tribunals have rendered decisions related to negligent and chronic stress caused by excessive work demands and the conditions in which work affects an employee's ability to function in their job or at home.
- **Legal issues** Employers are now being faced with mounting legal pressures to ensure psychological health and safety in the workplace.
- **Workers compensation** Current challenges through the Charter are showing signs to include chronic job stress as a job injury. Also, any shift will require careful consideration of its impact on Workers Compensation costs.

Joseph Ricciuti
PRESIDENT AND CEO, MENTAL HEALTH INTERNATIONAL

> "Mental health issues are the leading cause of workforce disability."

Cognitive impairment Depression is now being considered a cognitive disorder in addition to being a disturbance of mood. Cognitive function in depression compromises human capital value, especially in a brain-based economy.

The rewards of doing something

- Employers who set a strategic direction and invest in improving workplace mental health have shown to have higher returns on shareholder value, lower absenteeism, as well as improved employee retention and performance.
- Employers who view their drug and health benefit plan as an investment in employee mental health achieve better productivity and program savings in the long term.

The time to act is now. The tools exist to assist. *The National Standard of Canada on Psychological Health and Safety in the Workplace* is a tool to begin the process towards a healthier and more productive work environment. I encourage all business leaders to take action. It's simply a good business decision.

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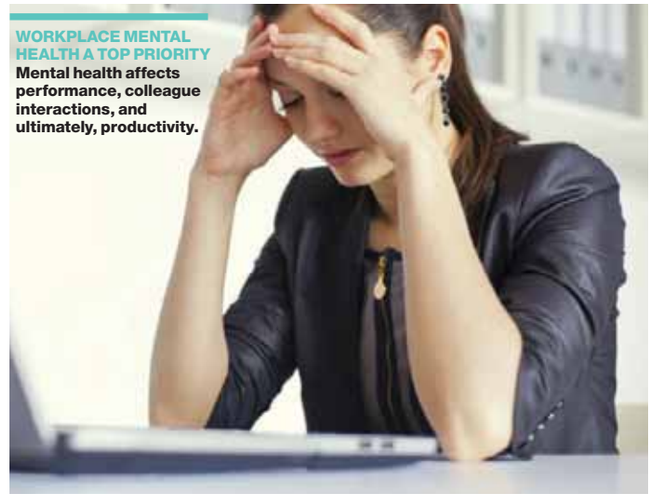

WORKPLACE MENTAL HEALTH A TOP PRIORITY
Mental health affects performance, colleague interactions, and ultimately, productivity.

INSIGHT

Why mental health in the workplace matters

The Canadian economy loses $51 billion each year from mental illness.

Over 70 percent of benefits paid under short-term disability are related to mental health. Mental health is the elephant in the room, and it is time to eliminate its stigma in the workplace. Half a million Canadians miss work every day due to mental health issues. Mental illness is said to cost the Canadian economy $51 billion each year, so dealing with mental health can help increase workplace productivity and boost the bottom line.

Absenteeism and presenteeism

Mental health issues affect the workplace in two ways: absenteeism and presenteeism. 'Absenteeism' refers to missed days by workers, while 'presenteeism' is when workers report to the office, but their performance level is below expectation due to a lingering issue. Presenteeism costs businesses between $15 billion and $25 billion each year. It is no secret that a happy worker is a productive worker, so tackling underlying issues relating to productivity can increase overall wellness of the employee, and the bottom line of the company.

The biggest mental health problem in the workforce is depression. Sixteen percent of women and 11 percent of men will suffer from major depression in their lifetime. Other common mental ailments include bipolar disorder, anxiety disorders, and ADHD (attention deficit hyperactivity disorder). While every job has its stresses, if it is leading to other mental health issues, clearly there is a problem that needs to be addressed.

A big part of a supervisor's job is motivating staff — identifying and dealing with mental health is a great start. If you suspect an employee is suffering, don't ignore them — speak to them directly and mention your concerns. Reach out to them and offer the resources and support they need to stay productive. Most of all, be understanding.

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DOES YOUR WORKPLACE ENVIRONMENT SUPPORT YOUR MENTAL HEALTH?

Many of us devote the majority of our waking hours to the workplace. Often, we spend more time with our colleagues than we do with our families. It is no surprise then, that our working environment has the potential to affect our mental health.

Workplaces can be emotionally healthy settings — protecting our mental wellbeing by giving us a source of income, a sense of accomplishment, intellectual stimulation, and regularly scheduled activities and social interactions. However, given the pivotal role jobs play in many of our lives, it is important to acknowledge when our workplaces are influencing our mental health in a negative way.

Looking at your workplace

It is no longer enough for organizations to protect only the physical health of their staff. Ask yourself a few simple questions in order to find out if your psychological health is being prioritized at work:

- Do you have influence over work and how it gets done?
- Do you have collegial relationships with co-workers and supervisors?
- Are interpersonal conflicts rare?
- Do you feel your contributions are adequately recognized?
- Do you have an appropriate work-life balance?
- Are there opportunities for job growth and development?
- Is the atmosphere generally respectful?

If you answered no to any of the above questions, your workplace may have some improvements to make around employee mental health. Thankfully, there are things you can do right now to affect positive change.

Talk to your manager or human resources department

One of the tools available to help companies make changes for the better is the *National Standard for Psychological Health and Safety in the Workplace* — a voluntary set of guidelines, tools, and resources focused on promoting employee mental health and preventing psychological harm due to workplace factors.

Be an agent of change

Improving a workplace environment requires courageous individuals to step up to the plate. Even seemingly small actions can have a big impact, so be there to support a colleague in need. Recognize your co-workers' accomplishments. Say thank you to those who help you out.

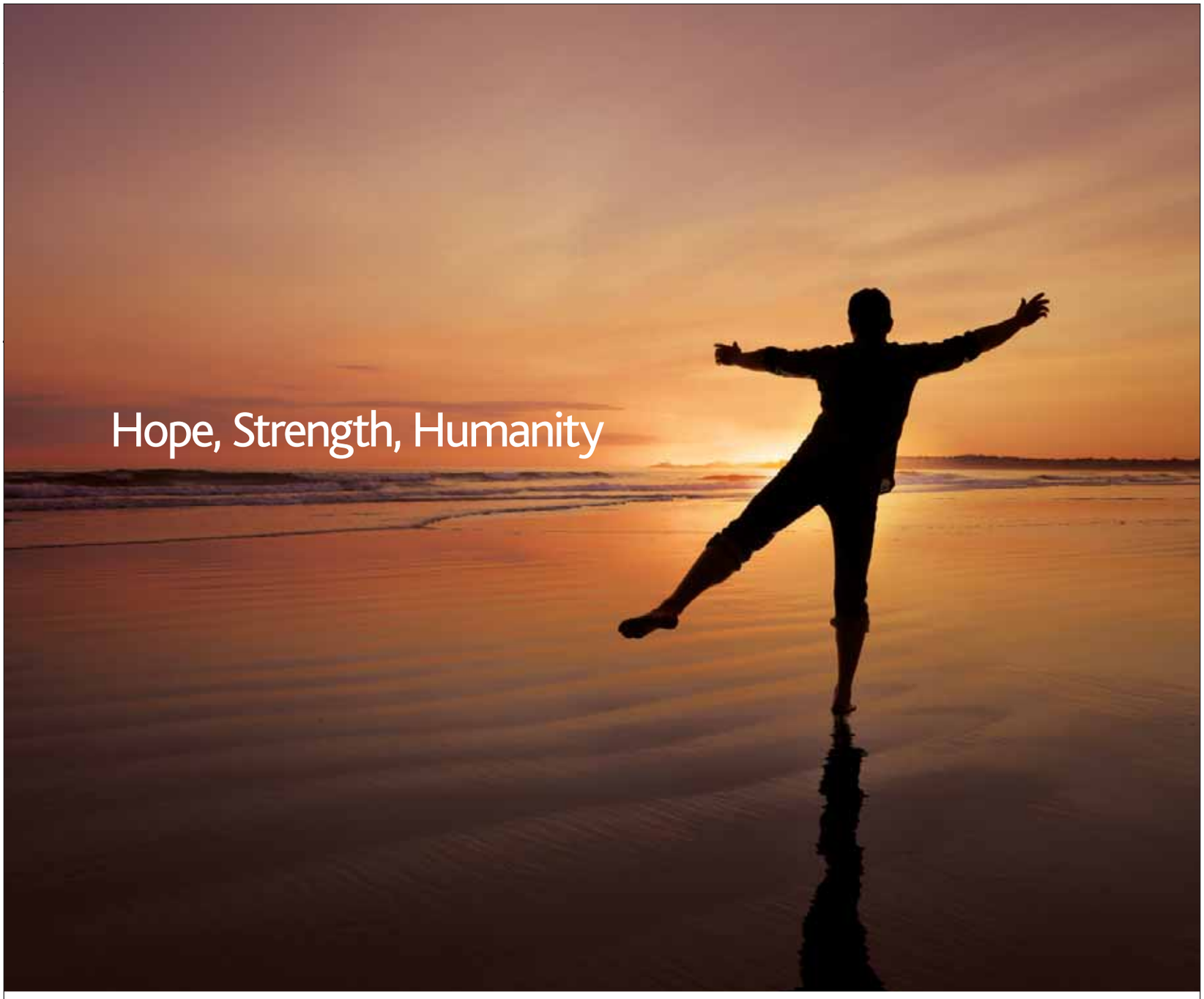
Take care of your own mental health

Recognize when you might be experiencing difficulties with your own mental health. Seek out resources and supports available in your community and at work. Your employer may offer a confidential Employee and Family Assistance Program (EFAP), which can be a great resource.

Keep in mind big changes happen one small step at a time.

SOURCE: MENTAL HEALTH COMMISSION OF CANADA
editorial@mediaplanet.com

BIG CHANGES HAPPEN ONE STEP AT A TIME
Simply finding a colleague that you connect with and can talk to is a step in the right direction.



At Lundbeck, our approach to innovation is shaped by our Danish origins, a centuries-old tradition of respecting every individual and taking care of one another in times of need. It's part of our culture, and it's something we know Canadians take to heart.

This focus on the individual has already helped us become specialists in CNS disorders, changing the lives of people all over Canada. And now we're applying that same passion and drive to oncology. Creating partnerships, working with healthcare professionals and putting patients first will always be important parts of everything that we do, and we will continue to lead the way as we branch out into oncology.

At Lundbeck, caring is our culture.

Lundbeck

BEST TIPS

10 Tips for parents

1. Don't assume you know what your child is going through before you've asked.
2. Find times when you can be physically and emotionally available to talk to your child.
3. General observations or gentle expressions of curiosity and concern can be a great way of starting a conversation.
4. If your child discloses a problem, avoid immediately moving to solutions.
5. Pay attention to your own emotions, and how you are being affected by what your child is telling you.
6. Ask how you can best help. Your child might want you to be very involved, or they might want you to take a back seat
7. When it comes time to work on finding solutions, make problem solving a collaborative effort.
8. Help connect them with resources.
9. Take care of yourself. As parents, we tend to give great advice, but can we take it?
10. Visit online resources together. One such resource is Kids Help Phone. Let your child know that they can always call and talk to a counsellor at Kids Help Phone 1-800-668-6868 or online at www.kidshelpphone.ca

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON BEING THERE FOR YOUR CHILD

SOURCE: KIDS HELP PHONE
editorial@mediaplanet.com

NEW EXPERIENCES, NEW CHALLENGES

Louise Bradley
PRESIDENT AND CEO, MENTAL HEALTH COMMISSION OF CANADA

For many Canadian kids, heading back to school means the excitement of a fresh start. But for some, it is a time of high anxiety.

As schools open their doors, and we turn the page on a new academic year, it is time to put mental health on the curriculum. In Canada, 1.2 million children and youth are affected by a mental health problem or illness. Shockingly, less than 20 percent will get the help they need.

That needs to change — and quickly. Intervening early, and getting kids help sooner, means higher chances of recovery.

A unique set of challenges

Canada's youth face challenges uniquely their own — academic stress and pressures of social media chief among them. As a society, we share the responsibility for our children's mental wellness. As parents, teachers, health care providers, and community workers, our job is to offer kids a safe, supportive space for expression.

No shame, no stigma

There is no shame in having a mental health problem or mental illness. That is the message we need to be conveying each and every day.

Sixty percent of kids with mental illness report feeling stigmatized. If youth feel judged and marginalized, they are less likely to seek help.

Young people don't just need to be heard. They need to be listened to. We urge all adults who play an influential role in the life of a young person to open the door to dialogue. Start a conversation. But, above all, listen.

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON SUPPORTING YOUTH

LOUSE BRADLEY
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FINDING HOPE THROUGH SUPPORT
It is up to the community and society to support kids during the difficult time of transition between grades and different levels of education.

BACK TO SCHOOL AND KEEPING WELL

This September over two million children and youth in Ontario headed back to school. It's a time of mixed emotions and no two students are going to feel the same.

There's the excitement at reconnecting with friends, anxiety about joining a new class, fear of not fitting in, apprehension about doing well in a more challenging level of study.

Some students may be worried about negative encounters with peers over the summer that continue to haunt them and might affect easing back into the school year. There are different anxiety-provoking issues when it involves starting in a new school and dealing with a whole new environment where just about everyone is a stranger — fellow students, teachers, school office staff, the principal.

Help is available

School staff are aware of this whirlwind of emotions and are on the look-out to see that students are adjusting and settling in. They also have their antennae up when they see students who are not coping, whose anxieties seem to be building rather than diminishing, and who are withdrawing into themselves.

There is increasing awareness in schools of the prevalence of issues that affect a student's mental wellness. Up to one in five children and youth suffer from a diagnosable mental disorder, and many more experience mental health difficulties that have an impact on their academic and social-emotional lives and their capacity to form and sustain healthy relationships. Given that 70 percent of the mental illness experienced by adults started before the age of 18, it is critical that schools, where children and youth spend a great deal of their time, are well supported and resourced to recognize and help address mental health issues at an early stage.

JUDITH NYMAN
CO-ORDINATOR OF THE ONTARIO COALITION FOR CHILDREN AND YOUTH MENTAL HEALTH & DIRECTOR OF PROGRAM POLICY FOR OPSBA

> "Up to one in five children and youth suffer from a diagnosable mental disorder and many more experience mental health difficulties that have an impact on their academic and social-emotional lives."

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON SUPPORTING YOUTH

JUDITH NYMAN
editorial@mediaplanet.com

NEWS

MENTAL HEALTH RESOURCES AVAILABLE ON AND OFF CAMPUS

There is much excitement on college and university campuses these days. Classes have resumed, friendships renewed, and students are busy adjusting to a new reality. They may be living on their own for the first time, adjusting to life in residence, or trying to balance a part-time job and studies.

For many young people, the university or college experience is a time when they confront significant 'adult' decisions for the first time — and that is a good thing. They can use this opportunity to make impactful decisions that improve their mental health and well-being.

For example, eating healthy meals, exercising, and getting enough sleep can all benefit your mental health. So skip the poutine and opt for the salad. Go for a walk or hit the gym. Or get to bed early for once. All sounds easy, right? But we know that truthfully, it is not that simple.

No shame in seeking help

There are times when life can get heavy. For some people, further support beyond sleep, nutrition, and exercise is needed — and that is okay. There is no shame in seeking help. Everyone could use some support when the stressors of day-to-day life get overwhelming.

Most post-secondary institutions offer mental health resources right on campus. Getting to know your school's website can point you in the right direction for counselling services that are coordinated through either student affairs, student life, or health services depending on your campus.

SPEAKING UP, SPEAKING OUT
By speaking up and out more often, we solidify the message that there is no shame in seeking help.

Camille Quenneville
CEO, CANADIAN MENTAL HEALTH ASSOCIATION

Most colleges and universities in Ontario also encourage students with a disability (physical, learning, or mental health related) to register with their campus' disability services office. This can be useful because students can seek extra support when it comes to things like writing exams or handing in assignments. Take advantage of these resources, if necessary.

Sometimes it can be easier to seek help off-campus or even someplace more anonymous, like online or over the phone.

In many communities, you can also connect to a local distress centre. Simply search for them online. They are a free phone service that provide emotional and crisis support to adults of any age, often at any time of day or night.

There are also community mental health and addictions agencies you can access.

You are not alone

The bottom line is that students are not alone when times get tough during this transition period in their lives. Support is available both on and off campus. Learning to cope with mental health issues is a valuable skill young people can learn on the road of life.

Quick facts:

- Forty-nine percent of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem. Seeking support is okay. It is not a sign of weakness.
- Once depression is recognized, help can make a difference for 80 percent of people affected.

CAMILLE QUENNEVILLE
editorial@mediaplanet.com

TIPS FOR KIDS

10 Back to School Tips

Going back to school can be a big adjustment. You may be sad, angry, excited, or nervous about the challenges a new school year might bring.

1. Remember to relax
If you feel nervous about going back to school, do something that makes you feel good. Spend time with your friends, get outside, or find some quiet time to read.

2. Stay positive
If you are worried about tests and homework assignments, think about a time when you did well in school, or focus on a subject you are confident in. Remember that everyone makes mistakes, and that is a part of learning.

3. Set goals
Think about what you want to accomplish this year at school. Maybe you want to make a new friend, join a school club, or do well in a new subject.

4. Talk
Talking to someone about how you feel about going back to school can help. Think about the people in your life who help you believe in yourself, would any of them be up for a talk?

SOURCE: KIDS HELP PHONE

editorial@mediaplanet.com

BEING AWARE

MERRYL BEAR
Director, National Eating Disorder Information Centre

Body image and self-esteem

Do you or someone you know struggle with low self-esteem?

Are you preoccupied with food or exercise? Obsessed with being thinner, more toned or buff? These are only a few of the warning signs of an eating disorder.

- Excessive concern about weight, body shape, exercise and calories
- Guilt, shame, or secrecy about eating
- Strict avoidance of certain foods, particularly those considered fattening
- Fear of gaining weight
- Eating binges — feeling out of control and unable to stop eating
- Vomiting after eating/impulse to vomit to try and compensate for eating
- Using laxatives, diet pills, or diuretics to try and control body weight

Help is available

These behaviours can be indicative of an unhealthy preoccupation with food and weight and could lead to developing an eating disorder. Don't suffer in silence. Know that you are not alone.

MERRYL BEAR
editorial@mediaplanet.com

MICHAEL LANDSBERG: SICK, NOT WEAK

Michael Landsberg, host of TSN's *Off The Record*, talks about how to stay strong when dealing with a mental illness.

Mediaplanet What is your advice to people who may not be diagnosed with a mental illness, but feel there may be something wrong?

Michael Landsberg First off, from my experience, people who think they "may" have a problem, often do have a problem.

For me, it often comes down to answering one question: when you wake up in the morning, do you know with absolute certainty that you won't experience joy that day? To me, the inability to experience joy is a classic symptom of depression.

MP How can the people who are not suffering assist those who are?

ML Non-sufferers have to understand their limitations. Try not to make suggestions that you think will help, because they likely won't. If you haven't felt depression, you can't understand it.

Also, try to lessen the struggling person's feelings of guilt. This is so important because the cycle is, "I'm depressed, I'm ruining everyone else's life, and now I'm more depressed."

MP What is the goal behind the 'sick, not weak' initiative?

ML Have every person I can reach understand that a person with a mental illness is "sick, not weak." The perception has been and still is that somehow we bring on our own mental illness through weakness of character.

"I am sick, not weak." If we believe that, the stigma will fade.

MP What are the signs that someone you care about may be suffering from a mental illness?

ML First off, the most profound sign is when they respond "no" to your question "are you okay?" Dialogue is so crucial. The subject is so foreign to most people and carries such an awful stigma that we need to find a way to attack it, and the only way is with talk. But if there is denial, look at the things the person previously enjoyed and judge whether they are still enjoying them.

MP On twitter you mention a depression scale. When you're having those bad days, how do you get up, get through them, and make the impact that you do?

ML I survive because I have to survive. That is a fact of life for anyone who has a chronic illness. When I fall below a five on the 'sickter' scale, life becomes a struggle. It is as if someone just doubled the weight I was trying to lift. I try to use those days to share with others what the pain really feels like, because on good days, the torture of the bad is tough to remember.

MP What do you think is the biggest problem about the way we currently talk about mental illness?

ML First off, the name 'mental illness'. Is this not a physical illness of the brain? The word mental suggests that it is somehow different than all the other illnesses. Secondly, we need to stop whispering. When we share, we should share loud and clear and without shame. What we want to convey should sound something like this: "I'm sick. I need help. This is serious. Don't for a second think that I have brought this on myself. I didn't ask for it and I can't will it away. And if you make me feel like it's my fault — I will be really, really upset and angry."

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS FROM MICHAEL LANDSBERG

editorial@mediaplanet.com

PHOTO: TSN

INSIGHT

Reduce the stigma, reduce the hurt

"Snap out of it," "pull yourself together," and "just cheer up" — these are words that most people with depression will have heard at some point in their lives, most often from well-meaning friends and relatives.

Dealing with the stigma attached to mental illness is tough, but a new conversation around depression and mental illness is finally taking place in Canada.

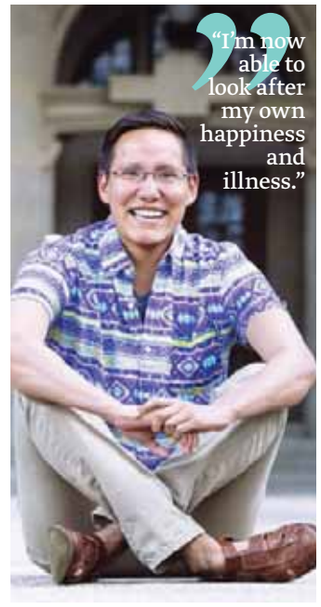
Depression is a difficult disease to understand for those who have never suffered from its effects. It is hard to understand the listlessness and shutting the world out — away from friends and society. The behaviour of those who suffer with depression can seem self-destructive. It is not surprising then, that so many will resort to urging loved ones to "snap out of it." Unfortunately, depression just doesn't work that way. While for some, depression can come on in an instant and for no apparent reason, it cannot be just willed away.

LINDSAY HILL
LAWYER, PIONEERING ADVOCATE FOR TTC DISTRESS LINES, AND ONE OF THE FACES OF MENTAL ILLNESS

Faces of mental illness

Lindsay Hill is a Toronto-based lawyer and is part of the 'Faces of Mental Illness' campaign by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). Lindsay first experienced depression seven years ago as a completely unexpected event. "Life was fabulous, I had a fabulous family, good friends, a job that I adored, but in a very short period I went from completely functional to totally suicidal," says Lindsay. "I found myself standing on a subway platform, being absolutely compelled to jump, but I thought of my family and couldn't go through with it."

It was with her family's help that Lindsay eventually sought to treat her depression. Lindsay now helps educate others to reduce the stigma of mental illness. "The campaign has been brilliant," says Lindsay. "All sorts of people came up to me and told me what they were going through. The campaign really decreases the stigma; it is a great opportunity."



JACK SADDLEBACK
VICE-PRESIDENT OF STUDENT AFFAIRS AT THE UNIVERSITY OF SASKATCHEWAN, AND ONE OF THE FACES OF MENTAL ILLNESS

Seeking help is seeking strength

Another person who has taken the opportunity to speak out is Saskatonian Jack Saddleback. Jack, a transgender person who in younger years struggled to come to terms with his identity, has battled depression and now works with Faces of Mental Illness to heighten awareness.

"I'm now able to look after my own happiness and illness," says Jack. "It is something that affects all of us. If you seek help, you're seeking strength; you are not weak. I'm glad to help try to de-stigmatize mental illness. It has taken a while, but I think we're finally getting somewhere."

PATRICK BISSETT
editorial@mediaplanet.com

A CASE FOR EARLY INTERVENTION

My daughter is one of those children trying to cope. Three years ago, at age 11, she became severely withdrawn and appeared to be depressed. We tried to get help from our family physician, but even in Toronto, with a large amount of resources, we couldn't get an immediate diagnosis or treatment. We were advised that the waiting list for mental health services was a minimum of nine months.

As the days and months wore on, she was unable to go to school and got even sicker. While waiting for treatment, she eventually became suicidal and was finally admitted to a hospital to save her life. My daughter left the hospital after only eight days, but spent the next two years supported by mental health programs delivered by children's mental health centres at the community level and outside of the hospital setting.

There needs to be an equal focus on mental health as there is on physical health, and a significant improvement is needed in the mental health care system. This is especially true for children because we know that early intervention, diagnosis, and treatment lead to better outcomes later in life.

We were very lucky; our daughter recovered. She survived and went back to public school last year. Not every child does.

The facts:

- The onset of most mental health disorders that affect Ontarians occur before the age of 18. It's no surprise that 70 percent of adults with a mental illness report that their symptoms first emerged in childhood and adolescence.
- Some of the most common mental health problems affecting children include anxiety and depression, attention deficit hyperactivity disorder (ADHD) and eating disorders. Many youth with mental health challenges also experience conduct disorders.

Identifying the signs

Early intervention works with mental health just as it does with physical health. Just as you would treat a cold before it becomes pneumonia. Treat emerging behaviour or emotional problems before they become more complex and deep-seated.

All children and youth may experience brief problems with some or all of the symptoms of mental health issues, but when the problem starts to interfere with school, family, or everyday living, it may be time to seek help.

KIM MORAN
CEO, CANADIAN MENTAL HEALTH ASSOCIATION
editorial@mediaplanet.com

PREVENTION IS THE KEY
Most mental health disorders begin to develop before the age of 18.

INSIGHT

THERE IS NO ONE SOLUTION TO MENTAL ILLNESS AND ADDICTION, BUT ONE VALUE SYSTEM WILL HELP

Homelessness, mental illness, and addiction are complex and interwoven problems that have always affected our society. Recently, here in Canada, two important new related concepts have changed the way we address these issues: 'housing first' and 'community-based care'.

Many solutions from one value system

"There is no one solution that fits all people," says Terry McCullum, CEO of the recovery-based non-profit, LOFT Community Services. "But there is one value system that can fit all people. The belief in people's dignity and ability to live within the community is fundamental. Working to empower people to take charge of their own lives is fundamental. Those values are core, and with them you can then find solutions in different ways."

What this means is that getting a safe and affordable roof over the heads of the addicted and mentally ill is treated as priority number one, before treatment, counselling, or anything else. That roof, ideally, is not in an isolated environment like a hospital or a shelter, but is embedded directly in the community, where independence and positivity can act as healing factors.

Research by the Mental Health Commission of Canada (MHCC) has clearly shown that community integrated support prevents people from becoming homeless and empowers them to become healthy and independent, while stable housing acts as a catalyst to help people make other positive changes in their lives.

The economic argument for more community housing

Unfortunately, housing for those suffering from mental illness is limited and wait lists are long, so it is nearly impossible to currently meet the ideal of guaranteeing housing without precondition to all those in need. This is why McCullum insists that building more non-institutional community housing, whether entirely government-funded or as a public-private partnership, is one of the most immediate positive changes we can make for society.

> "The belief in people's dignity and ability to live within the community is fundamental."

These construction projects can be expensive, but consider that it costs upwards of $1,000 a day to keep someone as an inpatient at an institution, when many of those same people could, with proper support, be housed within the community at a cost of just $30 to $60 per day. Moral imperative aside, it is clear that economically, we simply cannot afford to leave those suffering from mental illness out in the cold.

D.F. MCCOURT
editorial@mediaplanet.com

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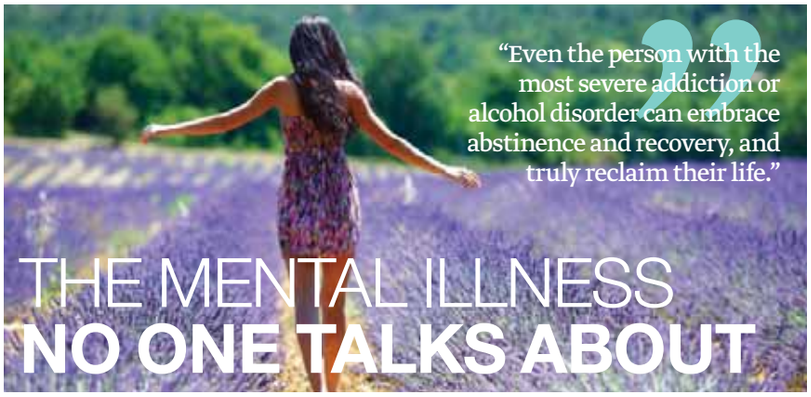
"Even the person with the most severe addiction or alcohol disorder can embrace abstinence and recovery, and truly reclaim their life."

THE MENTAL ILLNESS NO ONE TALKS ABOUT

The world had no colour. Tony was living on the streets, in jail, in the hospital, mired in alcoholism and drug abuse. He was 35 years old, and had never had a fixed address. That was Tony then.

This is Tony now.

He manages an office. At the beginning of the week, he comes to work and says TGIM – Thank God it's Monday. If you saw him today, you would never imagine the darkness of his past.

The difference is night and day; addiction and recovery.

Stigma and silence

No one talks about addiction as a mental disorder, but the irony is that it is everywhere.

Substance abuse disorder is the second most common mental illness in Canada, and yes, it is officially a mental illness. Of the 6.7 million Canadians with mental health issues, over two million have substance abuse disorder, according to the Mental Health Commission of Canada.

"Most Canadians don't realize that those mental health statistics include substance abuse disorders," says Dr. Patrick Smith, CEO of Renascent alcohol and drug addiction treatment centres.

"There is a propensity to decide it is someone else," says Smith, who was also co-chair of Canada's National Addiction Treatment Strategy. "It is the downtown eastside; it is the guy on the corner with the brown paper bag."

All walks of life

Drug and alcohol addiction doesn't go out and pick neighborhoods, he says. "Go into any room and ask people, 'Have you ever loved someone who struggled with a drug or alcohol addiction?' and the hands go up."

There are two types of clinical addiction: Type 1 you are born with, where your body over-metabolizes and does not send the negative cues to your body to stop. Type 2 is exposure related addiction, when you turn to drugs or alcohol in the face of grief or trauma, and you become addicted.

Recovery is possible

There are people living in recovery, working alongside us every single day, only we don't know it.

"What's amazing about addictions is that with abstinence-based treatment, even for those who have severe addictions, there is not just a slight improvement from the treatment," says Smith. "It is transformative. Even the person with the most severe addiction or alcohol disorder can embrace abstinence and recovery, and truly reclaim their life."

Like night and day. Like Tony.

KIMBERLEY FEHR
editorial@mediaplanet.com

WHEN MENTAL HEALTH AND SUBSTANCE ABUSE PROBLEMS COLLIDE

When mental health problems and substance abuse occur together, they are called concurrent disorders.

Concurrent disorders are a significant health issue in Canada — more than half of those seeking help for an addiction also have a mental illness. These individuals present some of the most complex and difficult-to-treat cases for our health care system.

Chicken vs. egg

The links between mental health and substance abuse issues are complex. They might develop independently as a result of common risk factors, or one might lead to the other. For example, a young person might use alcohol to cope with feelings of anxiety, or use drugs to cope with symptoms of Attention Deficit Hyperactivity Disorder (ADHD).

The most common mental illnesses seen in combination with substance abuse among youth are Conduct Disorder (CD), Oppositional Defiant Disorder (ODD), clinical depression, and Post-Traumatic Stress Disorder (PTSD). Approximately 25–50 percent of young people who abused drugs have been diagnosed with CD or ODD; 20–30 percent have been diagnosed with clinical depression, and 16 percent with PTSD.

What can be done?

The most effective and efficient way to address co-occurring mental health and substance abuse disorders is to stop them before they start. Increasing evidence suggests that concurrent disorders have a strong developmental trajectory with onset occurring during adolescence, which makes improving our capacity for early detection and intervention all the more imperative.

For instance, the most recent report in CCSA's Substance Abuse in Canada series outlines personality and environmental factors that indicate a young person could be at increased risk to develop a substance use disorder, as well as protective factors that can reduce the chance of the problem developing.

It is clear that awareness and proactivity of signs and symptoms can help a great deal in early intervention. This will help in gaining understanding as well as help those affected take the first steps to protecting their mental health.

SOURCE: CANADIAN CENTRE ON SUBSTANCE ABUSE
editorial@mediaplanet.com

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Together we can improve workplace mental health.
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Ravens on Rice

Owner: 'No misdirection, misinformation'

Baltimore Ravens owner Steve Bisciotti criticized a report that suggests he and other team officials tried to persuade the NFL to be lenient on Ray Rice, after the running back was arrested for knocking out his then-fiancée in an Atlantic City elevator.

Bisciotti held a news conference Monday to respond to an ESPN report last week that he, president Dick Cass and general manager Ozzie Newsome pushed commissioner Roger Goodell for leniency for their star running back.

"Their accusations didn't jibe with what we know is fact," said Bisciotti, who said he expected Rice to be suspended four to six games.

The owner also said, "What's obvious is the majority of the sources work for Ray.... They are building a case for reinstatement."

THE ASSOCIATED PRESS

Silver says ...

"We learn from other leagues' experiences.... We're going to take a fresh look at everything we do."

NBA commissioner Adam Silver on his league's response to the NFL's domestic violence issues

Goodell in 'difficult situation': Bettman

Commiserating with NFL commish. NHL boss says being under microscope part of job

NHL commissioner Gary Bettman chats with Don Cherry at a meeting for The Canadian Club of Toronto to launch the upcoming season on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Gary Bettman understands the intense scrutiny NFL commissioner Roger Goodell is under.

Goodell has been harshly criticized for being too lenient or not acting quickly enough to punish Ray Rice, Adrian Peterson and other players involved in a rash of recent domestic violence incidents.

"I think he's working very hard in a difficult situation," Bettman, the NHL's longtime commissioner, said Monday.

Bettman said it's impossible to be too comfortable in a job like his or Goodell's because unpredictable things happen.

"Whenever that phone rings, and sometimes it does at two in the morning, you've got to respond and you've got to have your A-game otherwise you're liable to make a mistake, and when you make a mistake in this position, it gets magnified," Bettman said at a meeting for The Canadian Club of Toronto.

Arrested for punching his then-fiancée and now wife earlier this year, Rice was originally suspended for two games, but after a video surfaced on Sept. 8 showing the violent attack, he was released by the Baltimore Ravens and suspended indefinitely. Peterson has been indicted on child-abuse charges and deactivated by the Minnesota Vikings but has not been suspended.

Bettman said the NHL's security department and behavioural health counsellors have talked to players about the topic of domestic violence for more than a decade.

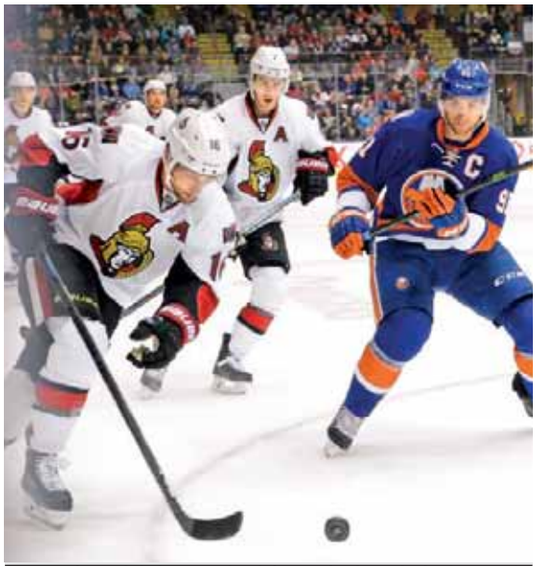
"Based on our experience to date, we believe that the appropriate procedures are in effect that we can do what we need to do on a case-by-case basis," he said.

The collective bargaining agreement includes procedures on how to handle off-ice incidents and gives the NHL power to suspend a player amid a criminal investigation if failing to do so would "create a substantial risk of material harm to the legitimate interests and/or reputation of the league." THE CANADIAN PRESS

30 teams enough for now

"I'm not suggesting that at some point in the future we might not look at, but we're not ready to do it now."

Gary Bettman on NHL expansion



Senators forward Clarke MacArthur, left, races for the puck Islanders captain John Tavares on Monday in St. John's, N.L. KEITH GOSSE/THE CANADIAN PRESS

Isles pull off clean sweep of Sens in Newfoundland

Cal Clutterbuck scored the shootout winner, as the Islanders beat the Ottawa Senators 3-2 on Monday night and New York won both games of a split-squad doubleheader in NHL pre-season action.

Clarke MacArthur and Curtis Lazar scored in regulation for the Sens in St. John's, N.L.

Mikhail Grabovski and Josh Bailey replied for the Islanders.

MacArthur opened the scoring 5:12 into the first period, scoring a one-time wrist shot from the slot on the power play after some precise passing with teammates Mark Stone and Kyle Turris.

Lazar doubled Ottawa's lead on another power play with a quick wrap-around goal, catching Islanders goalie Jaroslav Halak chasing the puck behind his net at the 12:54 mark of the first period.

Despite some early pressure, Senators' goalie Craig Anderson was sharp, turning away all ten shots from the Islanders in the first period, including a breakaway save against Grabovski 7:39 into the game.

Grabovski took advantage of his second breakaway to get the Islanders on the board, catching a long stretch pass and scoring after a quick deke on Anderson 3:10 into the second period. THE CANADIAN PRESS

On Monday

3	2
Islanders	Senators

- Earlier in the day, Jack Skille scored the winner with 1:27 to play as the Isles won 3-2 in the opener of the doubleheader. Alex Chiasson, who came to Ottawa in the Jason Spezza trade, and Cole Schneider scored for the Sens.

4 SPORTS

Agosta turning into an 'enforcer'

Law enforcer.

Forward skips Hockey Canada camp to join Vancouver police

When her teammates arrive for hockey training camp, Meghan Agosta will be reporting elsewhere. She'll be going to the Justice Institute of British Columbia — with her badge and gun.

The three-time Olympic gold medallist in women's hockey is training to be a police officer in the city where she won one of those gold medals. Agosta was among the recruits sworn in by the Vancouver Police Department last week.

Agosta is a probationary constable with the department until she completes her nine months of academy training. Monday was her first day at the academy.

"I've only had two passions in my life and that's policing and hockey," Agosta told The Canadian Press by phone. "To be able to fulfil both dreams is pretty amazing."

She was Canada's top scorer at the 2010 Vancouver Olympics, with nine goals and six assists in five games. She was honoured as the most valuable player of the women's tournament.

Agosta has represented Canada in women's hockey for a decade. She celebrated her 19th birthday with a hat trick against Russia at the 2006 Turin Olympics. In February, she and her teammates won the gold medal in Sochi, Russia. Canada came back from two goals down to beat the United States in overtime.

Agosta isn't retiring from the national team. She is simply taking a break, and intends to keep her hockey skills sharp with the police department's Centurions team. Agosta wants to play in a fourth Winter Olympics in Pyeongchang, South Korea, in 2018.

"I'm not retiring whatsoever," she said. "I'm only 27 years old. I still want to be a part of Team Canada at least until South Korea and I guess we'll see after that."

The women's hockey team trains full time together in Calgary the winter before a Winter Games. In non-Olympic years, it gets together for camps and international tournaments.

Melody Davidson, Hockey Canada's general manager of women's teams, was prepared for Agosta's absence.

"She definitely has said she wants to play and wants to play in the future," Davidson said. THE CANADIAN PRESS

No pressure

"To be a police officer, you are going to be in stressful situations. Playing hockey, you're in stressful situations. Going into an Olympic final, that's pretty crazy." Meghan Agosta

Vancouver Police Chief Jim Chu and Olympic gold medallist Meghan Agosta skate at Hillcrest Arena in Vancouver last Monday. COURTESY VANCOUVER POLICE DEPARTMENT/THE CANADIAN PRESS

Braves shake things up hours after elimination

Atlanta Braves interim general manager John Hart, left, with team president John Schuerholz and former manager Bobby Cox, right, after the firing of GM Frank Wren on Monday, in Atlanta, Ga.. DAVID TULIS/THE ASSOCIATED PRESS

For nearly a quarter-century, the Atlanta Braves have been all about stability.

That changed Monday.

In their first major off-the-field firing since 1990, the Braves dismissed general manager Frank Wren less than 24 hours after being eliminated from the NL playoff race.

The move came with a week remaining in the regular season. Former Cleveland and Texas general manager John Hart will serve as Wren's interim replacement.

"It was time," team President John Schuerholz said. "It was time for the organization's well-being."

Schuerholz said the new GM would have a big say in determining if Fredi Gonzalez returns in 2015, though the fact no change was made at manager indicates he still has the support of a three-man search committee that will hire the new GM, comprised of Schuerholz, Hart and Cox.

Cox said he believes Gonzalez has done a "remarkable job," leading the Braves to a wild-card berth in 2012 and an NL East title last season. They were 76-79 going into Monday night's game against the Pittsburgh Pirates, in danger of only their third losing season since 1990.

"I love Atlanta. I love our organization. I would love to get another shot at it like anybody else would," Gonzalez said. "I want to be here."

The Braves also dismissed Wren's right-hand man, assistant general manager Bruce Manno. THE ASSOCIATED PRESS

End of an era

For the Braves, it was the most jarring change of direction since manager Russ Nixon was fired 65 games into the 1990 season. He was succeeded by Bobby Cox, who stayed on until retiring in 2010. Schuerholz was the general manager for 17 seasons before moving up to president in 2007, handing over the GM job to his hand-picked successor, Wren.

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Archangel has cured me and freed me from all the bad that had been done to me because of my partner's ex-girlfriend. He'd been with her for a few years and when we met he left her to have a relationship with me. I believe this affected her so much that she was capable of anything; she worked with voodoo and I was getting sick. Thanks to Archangel I was cured.
– Fatima De La Cruz Moreno
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Average over 3 hours

MLB to tackle lengthy games

Incoming baseball commissioner Rob Manfred and players' association head Tony Clark have been selected to participate in a new Major League Baseball committee tasked with decreasing the times of games.

The committee announced Monday by outgoing commissioner Bud Selig will be chaired by Atlanta Braves president John Schuerholz. THE ASSOCIATED PRESS

Ice dance

Virtue, Moir out for the season

Tessa Virtue and Scott Moir, the 2010 Olympic ice dance gold medallists, will not compete this season but aren't yet retiring.

The Canadians won silver in Sochi in February and skipped the world championships the next month, with their retirement widely expected. Skate Canada said in a statement Monday that "they are not ruling out future competitions." THE ASSOCIATED PRESS

NBA

Bulls re-sign Nazr Mohammed

Chicago Bulls say they have re-signed veteran centre Nazr Mohammed.

The deal was announced Monday.

Terms were not disclosed.

A 16-year veteran, Mohammed spent the past two seasons with Chicago.

He appeared in 80 games last year and averaged 1.6 points and 2.2 rebounds. THE ASSOCIATED PRESS

Soccer

Qatari officials dismiss 2022 World Cup woes

Organizers dismissed any chance of the 2022 World Cup being taken away from the Gulf nation after a warning on Monday by a FIFA executive committee member.

Theo Zwanziger was quoted in his native Germany as saying that he believed the World Cup will not be played in Qatar because of the heat. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If a romantic relationship is becoming a bit of a habit, the Sun in Libra will help you recover some of the sparkle that has been lost.

♉ Taurus
April 21 - May 21
You can make things easier for yourself by being a little less intense in both your attitude and your actions. Don't be tempted to burn the candle at both ends.

♊ Gemini
May 22 - June 21
According to the planets you are overreacting to a quite minor event. The good news is you will soon get over it. Make having fun your mission.

♋ Cancer
June 22 - July 23
Life could be a bit of a battlefield today especially when people whose way of doing things you despise insist that you follow their example. Your principles may not allow you to do that.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of then by all means shout about it and let everyone know. Your true friends will be delighted for you.

♍ Virgo
Aug. 24 - Sept. 23
Don't act hastily where a business matter is concerned or you could be paying for it well into the future.

♎ Libra
Sept. 24 - Oct. 23
You are determined to put right what you feel has gone wrong with your life and with the Sun moving into your birth sign today you can sense that the time to act has arrived.

♏ Scorpio
Oct. 24 - Nov. 22
The difficulties you are encountering are not designed to weaken you but to toughen you up for the challenges that lie ahead.

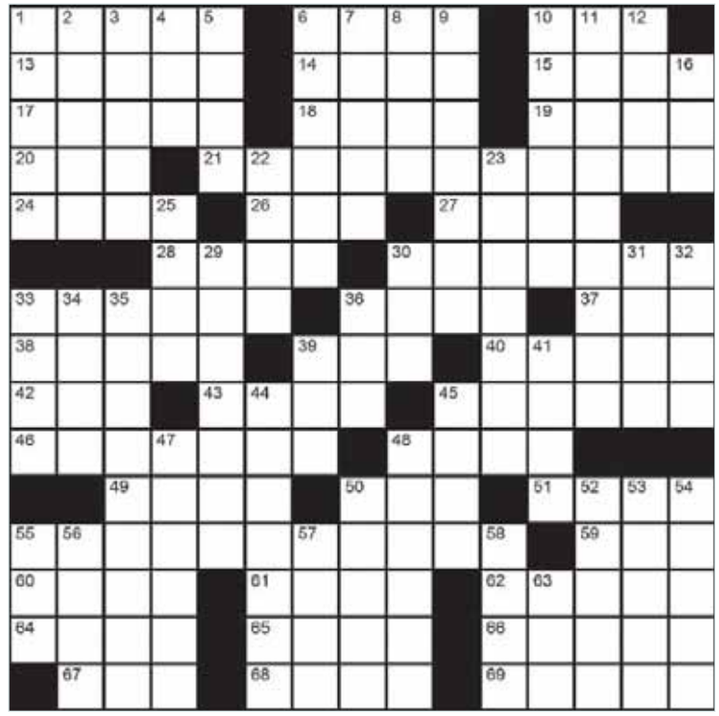
♐ Sagittarius
Nov. 23 - Dec. 21
How much of what you believe is based on fact and how much is based on wishful thinking? Don't be afraid to junk old ideas.

♑ Capricorn
Dec. 22 - Jan. 20
Some of the people you meet today will want to hear what you think about what's going on in the world — so tell them. Nothing gets changed by silence — and they did ask!

♒ Aquarius
Jan. 21 - Feb. 19
You have sacrificed a great deal in recent weeks. Now you are wondering if you are going to get something back in return. Don't worry, you will.

♓ Pisces
Feb. 20 - March 20
You are sure to tread on some toes and get criticized for it. No matter. Better to be clumsy and get noticed than to make all the right moves and fail to make an impression.

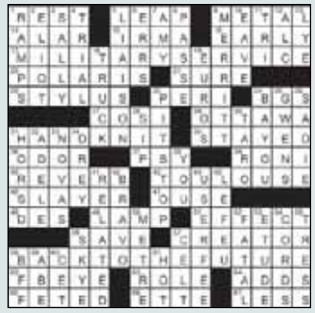
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. City in Iggy Azalea's "Fancy"
6. Life or death matter [abbr.]
10. Initials-sharers of Elvis' wife
13. __ and dined
14. Luke Spencer's daughter on "General Hospital"
15. Farm animals
17. Gladden
18. Biblical land where Moses was buried
19. Louisiana, for one, in French
20. Gun the engine
21. "Assimilate" industrial rockers from Vancouver: 2 wds.
24. Briefly get ready
26. These: French
27. Decorate again
28. Not completely closed
30. York __ National Historic Site of Canada, in Halifax
33. Orthodontics: Prepulling teeth thingy
36. Mr. Bridges
37. Kanga's sidekick
38. Ballroom dance
39. "Beverly Hillbillies" patriarch
40. "Curb Your Enthusiasm" star Mr. David
42. Religious robe
43. Airport scr. postings
45. Inattentive
46. Museum in Calgary
48. Dusty __ (Pink colour)
49. Someone remorseful
50. Pine-__ (Cleaning product)
51. Comfy house area
55. 1990 blockbuster on Michael Ironside's resume in which Arnold Schwarzenegger starred: 2 wds.
59. Greyish-brown
60. Mr. Rickman
61. Studied-for thing
62. Repent
64. Multivitamin
65. Egypt's river
66. Gravy cousin
67. Compass point
68. Celebrity
69. __-Tracy, Quebec

Down
1. Jerk
2. Cargo-of-crude carrier
3. Jack-in-the-deck
4. So far
5. Verses of veneration
6. More like Freddy's tree
7. Unstable leptons
8. Panache
9. Dorothy's slippers colour: 2 wds.
10. Phony
11. Scented mix of petals-and-spice
12. Exchange
16. Farm enclosure
22. Barenaked Ladies: "If I Had $1,000,000" vehicle
23. Vends
25. Treaty
29. 1938 Bette Davis/Henry Fonda classic
30. Curtains holder
31. Round Table knight
32. Yo-Yos
33. Loot
34. Melancholy
35. People from Edmonton's province
36. Mr. Lawrence, et al.
39. __-dropping (Surprising)
41. Preachy positive!
44. Charlottetown-born actor, Jonathan __
45. "__ with It" by Oasis
47. Subtlety
48. Wanderer
50. La __ (Milan opera house)
52. Scent
53. "An __ of prevention is worth..."
54. Prepare to pray
55. Li'l cartoon 'Devil'
56. "Rolie Polie __"
57. Leave
58. Laddie's love
63. Universal principle

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				9		7	2
6	4			2	8			3
				4		8		
	1				6	3	8	
		5	3		7	2		
	3	8	9				6	
		6		9				
1			2	7			3	8
5	7		8				2	9

Yesterday's Sudoku

3	8	4	5	6	7	1	9	2
6	2	1	4	9	8	5	3	7
9	7	5	2	3	1	6	4	8
1	3	2	8	7	5	9	6	4
4	6	7	3	2	9	8	1	5
5	9	8	1	4	6	2	7	3
2	1	9	7	8	3	4	5	6
7	4	6	9	5	2	3	8	1
8	5	3	6	1	4	7	2	9

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